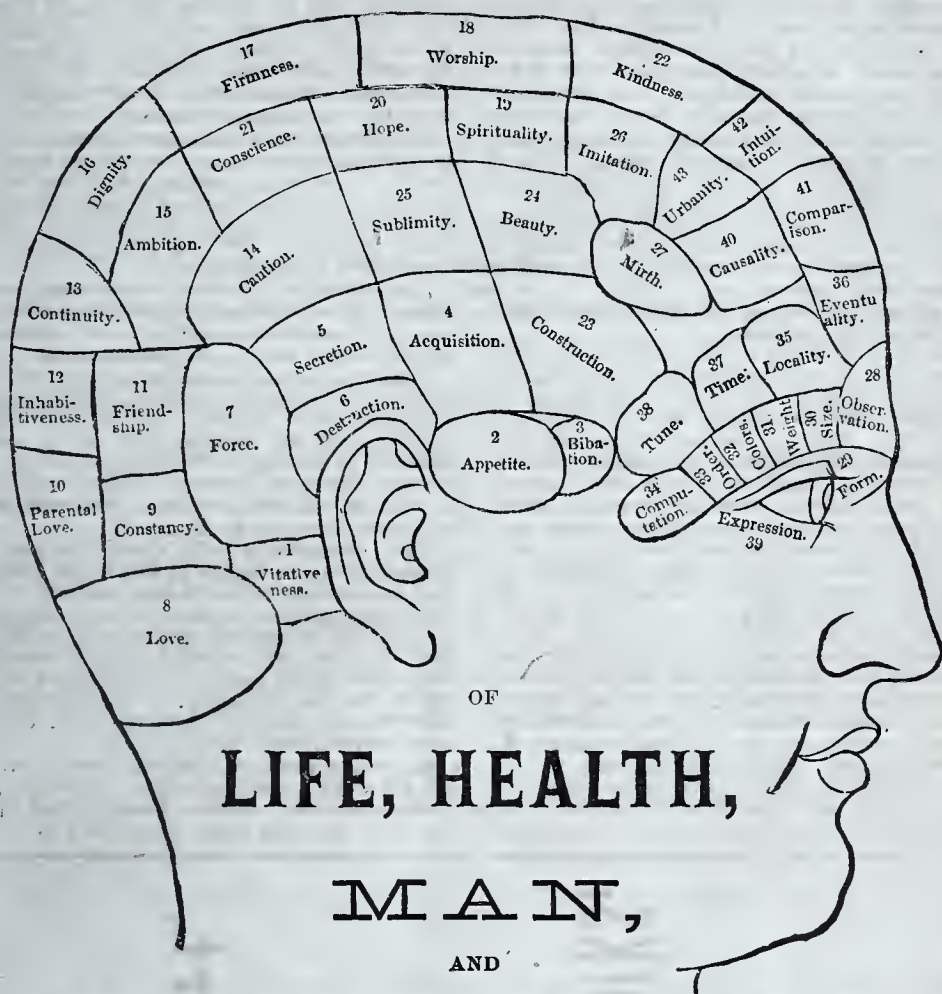


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DOCTOR YOURSELVES, and shows all females how to *get and keep well*, by giving the *causes and cures* of their special ailments; which Doctors have prevented by crying out "immodest," yet should have taught. It intensely desires

TO ADAPT ITSELF TO WOMAN'S TASTES AND WANTS, AND TO BENEFIT every reader; make all better wives, mothers and maids; more womanly, charming, esteemed and loved. Its utility will be greatly increased by reading it after "Love"

TALK IT UP, EXTEND ITS SALE, all ye whom it benefits, or turn its agents; thereby earning money, while *doing woman the greatest possible good*. Price 25 cts. Address below.

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SELF-CULTURE IS LIFE'S GREATEST WORK. This requires *self-knowledge*; for how can we improve our excellences, or obviate our faults, without first *knowing* both? How much yearly rent is a good memory worth? Learn here how to make a poor one good. All ye who would make the *utmost possible* out of yourselves and children, are here shown *how*. Note the surpassing importance of these subjects:—

LIFE. Its value. Governed by natural laws. Self-rewarding and punishing. Accomplish all things. Obeying them makes good and happy; violating, bad and miserable—p. 66. All functions executed by organs. Existing organic states control functions. Brain the organ of mind and body. Value of good brains and bodies—p. 67. All bodily diseases deprave the morals and impair the mind. Materialism—p. 68. Mind is life, and originates all we do, say, and are. Socrates. Watts. Analysis of mind teaches how to live. Consists of Faculties—p. 69. Five proofs. Originates in quiverings of the outer gelatinous part of brain. Nerves begin there—p. 70. Its structure. The seat of the soul, and just *where* we live. Illustrated. How it unites the faculties. Consciousness. *How we live*—p. 71. *How* nerves act. Brain has as many organs as mind Faculties. How Gall discovered Phrenology—p. 72. Proofs—1. All shapes indicate character—p. 73. Prominence indicates power, breadth animality, length activity, and sharpness impulse—p. 74. 2. All animals, present and past, prove Phrenology. Illustrated by 22 engravings—p. 75-6. Its utility proves its truth. A touchstone of all things—p. 77. TEACHES SELF-CULTURE. All should shout that we *can* improve ourselves and children. Phrenology shows how to enlarge organs by nurturing their Faculties. Action develops. Phrenology shows all wherein they are imperfect, just what each needs to cultivate—p. 78.—and how to provoke action—p. 79-80. ALL THINGS GROW. All are as you were, only *more so*. Learn how to grow right. All honor lies in *self-improvement*. Power, normality, and balance, the great perfecting requisites. Keep the body in good working order. Cultivating weak organs—p. 81. DEEP BREATHING the great tonic. Breath propels the blood—p. 82. Promotes all functions. ELECTRICITY the motive power of all things. How to dispel fatigue and rest up in five minutes—p. 83. DIAPHRAGM breathing. SITTING just right. SKIN action. Baths. Benton—p. 84. Turkish baths. Reaction necessary. FEEDING body and mind. Follow natural appetite. Mastication. Tobacco. Taste. Water. Tea. Coffee. Fine Flour. Raised bread bad—p. 85. Gives dyspepsia. How to make unleavened bread, and cure biliousness. FRUITS. SLEEP. Do mornings. Medicines spoil memory. Morphine—p. 86. Care of feet. Wearing wet towels on the forehead nights—p. 87. How to cure catarrh, and redouble intellectual action many fold. Softening of brain—p. 88. IMPROVING THE FACULTIES. How to prolong life, and get and keep well. SELF-DEFENCE. Teaching it to children. Cultivating courage. DESTRUCTION—p. 90. Death a blessing. Decay. Pain. Culture and Restraint of Aquisition—p. 91. Nature economises. Saving money, time, &c. Spend wisely—p. 92. Restraint. How to get rich. Useless expenses. SECRETION. Restraint. Culture. Being politic—p. 93. CAUTION. Prudence. Be just careful enough. Culture. Restraint. AMETION. Its combinations, culture and restraint—p. 94. DIGNITY. How self-confidence helps, distrust hinders. Its culture and restraint. FIRMNESS. Its culture and restraint—p. 95. MEMORY. Its different kinds. How McGuigan made his very poor one at 25, wonderfully retentive at 75.

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WOMANHOOD, &c.

WOMB-MAN is one of the most expressive of all words; its first syllable describing whatever concerns and constitutes the female sex; and this lecture analyzes this great female-controlling organ; shows the magic power wielded by its various states of health and disease over every part and parcel of your entire bodies and minds; the causes of its impairments, and means of its restoration. Surely man never expounded any subject of equal practical importance to every one of its possessors. This theme also embraces three other side subjects scarcely less important.—

1. FEMALE BEAUTY, of which it gives the only analysis ever propounded. What is equally valuable? All mankind have worshipped at its shrine oftener and more devoutly than at any other. Its promotion is commensurately important to worshiper and worshiped. Its analysis promotes it; and this lecture gives this analysis, by showing *just what is* beautiful, and *why*; and that every iota of female charm and bloom of form, face, manner, mind and character emanates from the womb, and is governed, augmented and diminished by its states.

2. MAN'S LOVE is every true woman's heart's desire. Without it, not one single specific female end, as such, can ever be attained. Ladies, what is it *worth* to have a man ever eager to gratify all your very whims? nor grudgingly, but actually taking more delight in giving than you in receiving? What ever did or can give you equal pleasure, unless it be *doing* for one you love equally? And the two united give the acme of all human bliss. All your dressing and flouncing, curling and painting, educating included, certainly half of female life, spring from this strong female yearning for man's heart. And do not all your love blights originate in this very desire for masculine affection?

HOW TO GAIN AND MAINTAIN this male affection thus becomes woman's art of arts. She is here told just how to do all this, and much more; and install herself first queen over his heart, purse, body and soul, by being told just what enamors and alienates, and thereby how to redouble his devotion to her, and her power over him.

3. PERFECT CHILDREN constitute a third female life-interest unsurpassed by

either. For motherhood alone was every woman as such created. All there is in and of her centers and merges into this one feminine end, adaptation and rationale. Every iota of her sexual anatomy and mentality prove and illustrate this; as do all female instincts. Bearing is her one destiny. All else is fragmentary, incidental; this alone primal. Only those women who bear at all fulfill their specific mission and destiny. No others can ever be half developed, or either fully enjoy this life, or fit themselves for another.

ONLY MOTHERS CAN HALF EXERCISE HALF their Faculties. What awakens kindness as does own children? Exercising strengthens it. Doing for the poor or for other's children gives it a little poor action; but caring for *own* young alone can furnish it its most perpetual, incessant and exultant action. Only motherhood can half-feed pride. Let a woman spread herself in silks and furbelows, cover herself all over with diamonds, be honored as authoress, fashion's leader, what else she may, she alone who is proud of her sons and daughters is the proudest, most honorable and honored of all. Say, all ye who have both, which yields the most genuine, exultant pride? England's motherly Queen, far the most glorious sovereign of that glorious realm, is much more honored in her motherhood than scepter, children than position. Say, mothers, if you must lose one, children or fashionable equipage, would you spare your darlings first? Say, again: Many things have given you life pleasures, but what one thing the most? Children, beyond compare. Did anything ever thrill you with delight as ecstatic as did the first cry of your babe? You know but little happiness who do not know this its acme. You who know this, need envy none who do not. Or what gratifies Taste as does ornamenting own children? Or intellect as does teaching them? Or Worship as adoring God with and praying for *them*? Or Force as defending or struggling heroically in supporting them? Or what enrages you as do impositions on them? Or of what else are you as tithe as careful, solicitous, or agonized with Fear? What songs are as sweet or as common as nursery chirpings? Or what Friendships half

as tender or complete as between mothers and their grown-up children? Or its precursor, affection for their father? Think what all these *facts* teach: that the motherless are but a tithe "developed;" are yet in their chrysalis state, and unprepared to pass on to another life till they have fulfilled this only female destiny in this. And own young are even more essential to a future life than to this.

GOOD CHILDREN *vs.* POOR—how vast the difference, to their mothers and themselves. Let all heads, all hearts, attest how great. What a blessing the former, curse the latter! Ask Vanderbilt.

HOW THEY ARE BORN mainly pre-determines their life-long health or disease, talents or simplicity, goodness or badness, and all there is in this life and the next. Immense amounts of time, money, pains, are to be lavished on their education; yet something *to* educate is the main requisite. Education may train and flex, but it can never *create*. As *getting the silk material* is the first and most essential part of making a silk purse, so *creating* fine children is the paramount prerequisite of having superior ones, in which mothers have at least half to say and do practically. Surely every woman should shout hosannahs that God allows her to predetermine measurably what *kind* of children she will bear, and modify them for better at every step from their conception till after their education is completed. Then, by all her actual and possible power over their forming characters,

LET HER LEARN HOW. This moulding power was put into her hands to be *used*, not neglected. Then let every female learn just *what* she can do, and how to do it. What lesson as great? What else can make her half as happy? Or children either? What are lessons in music in comparison with those in maternity? And we soon show that the last *accomplish* her far the most.

THIS LECTURE GIVES THESE MOTHERHOOD LESSONS. None at all equal them in practical value and inherent interest. Now

A GOOD WOMB is the cardinal means of a superb child. As a poor stomach gives poor digestion, blood and flesh, and good, good; so a good womb, more than all other causes save one, improves all the qualities of its pro-

ductions, as a poor impairs all of its. Every child everywhere correctly ad-measures the womb states of its mother while bearing it; and is proportionally sound or spale, vigorous or flabby, sweet in spirit or sour in temper, smart or dull, and thus of all the other states of both. Hence, promoting womb health and vigor *improves the race* itself more than all else, paternity excepted. And this lecture certainly does reveal

THE CAUSES AND CURES OF FEMALE COMPLAINTS. Women, there is no need of your *being* thus "ailing," or of paying such vast sums for doctors for yourselves or daughters. You are here told in what these diseases consist, how they are induced, and how to help Nature restore them. If you ignore this knowledge, "all right" that you and they suffer thus.

HOW TO FASHION YOUR DARLINGS DURING PREGNANCY is almost equally important, and here treated summarily; as also confinement and nursing. "Judge ye" of their practical importance.

MANY KINDRED subjects are presented succinctly, yet distinctly; and just such counsels appended as all women require. In short it is

A SCIENTIFIC EXPOSITION OF MAIDENHOOD, WIFEHOOD AND MOTHERHOOD throughout, brief yet clear, laconic, terse, and right to the point.

FEMALE MODESTY IT PROMOTES, not abrades, chastens not excoriates. To have a womb is modest, and equally so to learn its structure, and all about its laws, conditions, and office. Ignorance here is not bliss. Knowledge is not demoralizing. Guidance sanctifies.

GOD COMPELS ALL FEMALES To learn sexual truths by *experiences* or study. Then, shall they learn before or after being called upon to fulfill their specific relations? Before, just as the stable door should be locked before the steed is stolen—of little use after.

THE MAIDEN must learn, not wait to become the wife or mother. She must *begin* right. Intellect must lead off in all things, this included. Nor is she any more improper in learning what marriage and maternity require of her than in *getting* married and bearing.

AT AND IN BEGINNING marriage most of its mistakes are made, and evils begun, only to redouble all through life; which a *right* beginning would have forestalled and prevented.

Wives, mothers, *could you not have avoided* untold sufferings, and been immeasurably happier, if you had only known intellectually what excruciating experience *obliged* you to learn after? Do or don't you wish your mother or some book had taught you earlier? Then teach your daughters what Nature has taught you, by putting this lecture into their hands, as a text book from which to teach them. Ignorance is *not* purity. Verdancy is not propriety. Sexual knowledge is not debasing. Knowing girls are not easiest seduced; but novices are, because enticed by curiosity and novelty. Teaching girls, and then throwing them on their own *self-protecting* responsibility, is the way to keep them pure. Watched virtue is not worth having, in maid or wife.

The amatory sentiment is spontaneous, and acts independently. Its intellectual guidance should *be on hand* at or before its advent, to conduct it to its right action, and save it from wrong. Act it will, under virtuous guidance, when it has it, without, if it has not; but in both events acts. Nor is its action wrong, *per se*, but only its wrong action. Its right exercise in virgins is as holy as that of Conscience, or Worship; and knowing beforehand in what its right and wrong action *consists* is surely the best way to insure the former, and prevent the latter.

BEHOLD THE POLICY of this lecture in the PRINCIPLE just announced; as also its *mode* of handling its subjects; namely, in a straightforward, plain, scientific manner, precisely as if it were treating any other subject. The *propriety* of both its subject-matter and manner is presupposed. So read it as if you had a *right* to, were in duty *bound* to, *must*, to perfect your womanhood and motherhood.

GOD BLESS you in every page of its perusal.

EVERY THING IN NATURE HAS ITS SCIENCE, its natural laws, its governing rules and conditions. Nothing is chaotic.

THE END ATTAINED by every single thing, tells us all about the thing itself; besides expounding its science, or natural laws; because they are created solely to execute its end. In fact, all science consists in and of the ends it achieves, and those ways and means by which they are effected.

WOMB SCIENCE CONSISTS IN ITS ENDS, and the ways and means for attaining them. They are

DOMICILING AND DEVELOPING THE LIFE GERM till it can sustain independent existence. It embodies all the organic and mental machinery for carrying on all the functions of the future being, throughout time and eternity! Think how much you have done and enjoyed can do and enjoy: yet you could *have* done a hundred fold *more*, if all your innate *capacities* had been fully developed. How infinitely immortality enhances its functional powers in amount, in duration! And all this embodied in the merest mote, too small to be seen till magnified *many thousand-fold*. Find its analysis and description in "Manhood," and in full in "Creative science."

IT MUST GROW MANY MILLION FOLD before it can completely carry on its life-functions and ends. Its primal organic machinery is very rude, whereas it must make one equally strong and perfect with its future functionisms. Hence

IT MUST FULFILL THE GROWTH CONDITIONS, one of which is warmth. Even adult life must be kept at just 98° of warmth; or if it either rises or falls six or eight degrees at the life center and stays there long, it must die. A little dying boy said, "Iz'e so cold, ma; Iz'e so cold," because his warmth generating power had ceased to warm him. Yet these atmospheric changes often equal forty degrees in a day, and thirty degrees in six hours. Then how is this tender life germ guarded against them? By its being inclosed within the womb, and both within the pelvis, so that these changes reach it last, and affect it least, virtually none.

FOOD IS ANOTHER condition precedent of growth. This the mother must also furnish. But we can treat its supply better farther on. A much more important womb end still remains:—

TRANSMITTING ALL THEIR MOTHER'S QUALITIES to all her children. All the great, all the minutest maternal specialties, must be transferred to all her young. They must be classified; be human, not brute or vegetable: which is effected long before birth by mother as much as father. Yet all the powers she wields must be wielded by her womb; so that all the states of children, mother and womb must be in reciprocal

sympathy. Their being enclosed within her womb all the time they reside with her, proves that all her influences they get are conveyed to them through it. To enumerate a few as samples :—

IT LOOKS LIKE HER quite as much as like its father, and has her actions, ways, step, voice, tones, complexion, constitution—everything; or else embodies its father's *amalgamated* with hers. Its hair is fine or coarse, like hers, as is its skin. It has teeth where she has them, and those larger or smaller, and shaped this way or that, as are hers. Its nose stands away out, or is large, or small, or sharp, or broad, just like hers. If she is pre-disposed to any diseases, or to early or late grayness, or to baldness, etc., etc., so is it. Just see it laugh precisely as she laughs, with the same draw of either lip, or squint out of either eye.

HER AND ITS MENTAL FACULTIES are precisely alike, excepting paternal interpolations, which neither lessen nor smother hers, yet often exceed. She is religious, so is it, and has a natural bias to the same *kind* of religion with her—classical if she is Episcopalian, fervent if she is a Methodist, and so of other kinds. Or if she loves music, so does it, and just the same *kind*—operatic, sacred, major, minor, etc. And thus of her intellectual, and affectional, and mechanical, and artistical, and conversational, and every other—indeed all other—down to and throughout all her minutest as well as greatest outlined and detailed specialties. What woman ever sees any child but she says, “It is like and looks like its mother in these respects and those?” Who but sees and owns this maternal and progenal resemblance, even among animals? Surely mothers cast their children as much as fathers; and if their bodies less, their mentalities as much more.

HOW IS THIS MARVELLOUS MINUTENESS of transfer of all mothers' peculiarities to their children effected? Nature works only by means, and effects this transfer with agents precisely adapted to cause this resemblance. This means must reach clear down to and permeate the very rootlets of her whole being, physical and mental; for how can it transfer what it does not command? Its scepter over its transmitted parts must be as absolute as this transfer is minute and perfect. No ordinary answer will cover this case. Though angels might

study without exhausting this problem, yet I propose to propound this very means and *modus operandi*, and also to make it the basis of this lecture. No work of Nature is as great: its cause must be commensurately complex and all-powerful. By what *law* is this transfer effected? By this :—

THE WOMB IS IN PERFECTLY SYMPATHETIC RAPPORT with all parts and states of the mind, all the Faculties and functions of the body. Let us canvass this great law as enforced and illustrated by the following great ranges of facts, which could be caused by no other possible means :

THE DIFFERENCES BETWEEN ALL MALES AND FEMALES are really heaven-wide, and wholly consequent on the different effects of the male sexuality on the male, and female on the female. The lecture on “Manhood” shows what attributes the masculinity imparts to males. Women, that knowledge concerns you even more than men, for you may yet have a bosom male companion to select : may be offered your choice of several, and one may be inherently worth ten, yes, fifty, times more than another; make you that better a husband, and give you that better children to love; so that you should be prepared beforehand to choose the best one— which you are there told how to do; whilst all in you at all womanly, feminine, attractive and attracting, comes from the influence the female sexuality wields over you. Look more closely at what attributes it confers on you, and in what it consists, that you may augment them by its culture.

THE FEMALE VOCALITY obviously comes solely from this feminine sexual fountain. A girl's voice differs little from a boy's till puberty makes her's distinctively feminine, his masculine; yet after her bearing or feminine function ceases and sexual attributes wane, her voice again reverts towards the masculine. Charlotte Cushman had as fine, ringing, mellow, silvery a female voice as one finds in hundreds of thousands during her prime; but her later years' voice, after her bearing period had ceased, resembled a man's quite as much as woman's. Its feminine attributes waned step by step as did her sexuality by age; and that was what spoilt her voice. The public have ignorantly yet discriminatingly caught up

this fact by about ceasing to patronize female singers much after they are fifty; because their then declining wombs leave their voices that much unsexed; and devoid of that thrill, quiver, fineness, softness, sweetness, and pathos which womb vigor throws into them. All fine female singers have all the indices that they are superbly sexed, a superb bust being one, and voice another. As beating air differently gives differing sounds; gongs one, bells another, and each Faculty its own, Love one, Force another, man's differing from woman's, so a vigorous womb beats very fine, soft, quivering, thrilling; and one impaired, those dry, husky, imperfect, unsatisfactory and flat.

LOSING THE VOICE is explained by this principle of vocal and womb sympathy thus:—All sexual impairments impair the voice for singing and talking. Its softness, sweetness, thrill, ecstasy vanish in proportion along with womb vigor. Note:

WHY MALE AND FEMALE VOICES AT ALL? Solely that each sex may know the other, irrespective of apparel. The voices of each are modified by the sexualities of each: therefore every vocal utterance of each sex in proclaiming the sex of each speaker must needs proclaim all their *existing* sexual conditions. Thus, how could a woman's voice tell that she has a womb without thereby telling *all* its states, whether strong or weak, healthy or impaired, old or young, about *how* old, and all its other states?

GIRLS' VOICES CHANGE in passing from girlhood into womanhood quite as much as boys' into manhood. This all ears, all voices attest. A girl reaches, passes puberty: her voice begins to change from a girl's to a woman's: she catches a cold during menstruation, so severe as to stop it: her womb *and* voice stop changing, stay right there; and as you can tell an old rooster's crow from a young—tell the sexual *age*, so this girl's vocal change stops just where it is, and *remains* there; so when she becomes twenty, twenty-five years old, you or she shall be behind a curtain, so that you shall guess her age solely from her voice, you would swear that a girl of fourteen is talking. Of course her singing powers are gone. As well try to get music out of a cornstalk fiddle as out of any woman after she

contracts female complaints. Amazing that those who give such pains and sums to accomplish a daughter in music, ignore this first vocal prerequisite, womb-health and vigor.

WHY DOES MAN LOVE FEMALE voices singing, tones, &c., better than male, and woman men's better than women's? Solely to further the only sexual end, reproduction, by thus proclaiming their gender, and bringing them together in the creative embrace. Therefore those must be and are the most attractive to man who will bear the best children. Other things the same, those bear the best who have the best wombs in the best order; whilst womb impairments impair the bearing capacities, and therefore vocal charms. Nature makes those feminine attributes which promote bearing attract man; those which impair it impair her attractions, make a poor womb, give an unattractive voice, and a diseased womb a repellant, so as to drive man off from her. Or if a given woman has a naturally vigorous womb temporarily impaired, *both* these facts are written right into all her vocal utterances.

A FINE FEMALE VOICE as an accomplishment immeasurably exceeds the finest toilet, and throws a bewitching charm, an entrancing spell over female conversation which enchants men far more than they realize; making them befuddled, spell-bound on woman's lips, they know neither how much, nor why. Please, ladies, stop to realize what a bewitching magic a fine womb imparts to your voice.

TO MAIDEN LAUGHTER STILL MORE. Cupid is rightly called "the laughing god," because all his votaries do laugh. We show why farther on. But

INTENSE LOVE SCREAMS. A girl highly sexed and all full of gushing affection in action laughs much and heartily, and often superadds screams, which are thrilling and enamoring beyond expression. Love's notes are high notes, and the higher the more love, till a scream "caps the climax." So laughs and screams mean something, and "tell more tales" than either makers or listeners know for. Note them when young people become animated, as in sleighrides.

ALL MOTIONS PROCLAIM THE SEX AND ALL ITS STATES. Thus who but can tell just as far as they can see either move, hen from rooster, bull

from cow, ox from both, mare from stud, gelding from both, and man from woman, just by their motions; and the more easily the better sexed either. Since the movement proclaims the *fact* of the sex, it must needs tell all about all the *sexual states* of each mover; for how could it tell *any* thing about the sex of any one without thereby telling *all* about the sexual states of all? "Manhood" applies this law to males: let us here apply it to females.

GIRLS BEFORE PUBERTY WALK, RUN, ETC., INDIFFERENTLY, any way to get along; yet just as soon as puberty strikes them, see them put in the "fancy touches," and try to walk prettily, nippily, elegantly, and scrumptiously. All eyes can see this difference; yet only sharp ones how *much* there is in it. All girls' walk, lack character, but all women's have the more the better sexed they are. Presupposing that when women make their toilet, whether for church, fair or ball, they do so to set off their personal feminine charms as such, just see, when they are walking to, into, out of, home from church, *what* a difference between the nice, trim, prim, precise, neat, finished, light-footed, bounding, elegant, tetry, brisk, springy, poetical, preud, queenly, scrumptious, nippy, graceful, snappy, fascinating motions and gait of this splendidly sexed woman on the one hand, in contrast with the tame, flat-footed, weak-kneed, slomachy, sauntering, loose-jointing, snapless motions of that poorly sexed walk on the other; and know, farther, that she who has or lacks snap in her motions, has or lacks it everywhere else. Sex imparts a quick, lively, sprightly cast to all the motions, wanting in all whose gender is impaired by female complaints.

WALKING UP STAIRS tells the story. Those who bound right up lightly are "all right"; who roll back and forth from side to side upon the rising limb, as if favoring themselves, or rise heavily, and pant or puff going up, are impaired sexually.

ALL THE POETRY OF MOTION, dance and promenade, originates in gender, each being in proportion to the other; so that only those well sexed can ever be elegant walkers or dancers, while those who lose sexual vigor, lose their dancing spirit and knack. Their "dancing days are over." An elegant

carriage in woman enamors man because it indicates womb vigor.

THE FORM both proclaims the sex, and admeasures its amount; along with most of the attributes of all material substances. The female shape differs from the male, throughout all the kingdoms of Nature, man included. Why? To designate each, in part, but

MAINLY TO ENAMOR How enchanting to man is beauty in woman! Over it the Trojan War was fought. It has turned all the heads of about all the noted men of all ages, and middlin' and lower as well. What power a handsome woman wields! Only God receives more homage; and a handsome female was awarded more worship than all the other gods and goddesses of ancient mythology. All the pains and expense of all modern fashions are but practical compliments to female beauty by attempting to enhance it. This great human fact must needs stand on some commensurate pedestal, and perform some work equally important. What? HUMAN MULTIPLICATION, thus:—

DESIRE TO COHABIT AND CREATE CHILDREN is the specific end, desire and feeling it inspires; else why connect it with the female, or make it enamoring to man? All men are practical witnesses that they crave this embrace as much more with all handsome than homely women as they are the handsomer. Why else do they proffer it in and by marriage to the handsomest they can well get? Why else are the most beautiful courtesans patronized the most? This is perfectly obvious that

FEMALE BEAUTY PROMOTES COHABITATION, and is ordained for this alone. *Why? How?*

OFFSPRING EMBODY THE ONLY END of whatever appertains to all males and all females, as such. Some powerful motive must bring them together in sexual conjunction. Passion is this incentive. Nature wants the most and best children she can get. A good womb is their paramount condition; therefore she must contrive to have the best-wombed women selected first for cohabitation and marriage, and poorest left neglected: and does this by causing good wombs to proportionally beautify women, and then making man to love this beauty, and desire to cohabit most with those the handsomest.

THIS IS THE ONLY PHILOSOPHICAL

therefore be the same as the leg above the knee, large and firm. Small scrawny arms look badly. To look well in low neck with them bare a woman must do enough with her hands at washing, sweeping, working, rowing, riding horse-back, driving or something else manual to enlarge them above her elbows; of which rowing is best, admirable, and genteel. Would that playing ball might become as genteel as is "croquet." Girls, develop your arm-muscles somehow.

7. SMALLER WAISTS than pelvis or chest beautify, because the latter must be extra large in handsome women, which makes the waists *seem* small by being between two large parts; and another reason will be given under extra fat women. But

8. LARGE BREASTS are woman's third greatest beautifier; because index of superb motherhood. They are made to complete the ends begun by her womb, and therefore in perfect sympathy with it. All their states reciprocate with all its. They begin to grow when it begins, stop when it stops, decline when it declines, as after her bearing period ceases, and keep even pace with it in all things.

IT PREPARES TO MENSTRUATE WHEN THEY START, and their starting indicates approaching womanhood. She menstruates a few times, her womb and breasts meanwhile developing *pari passu* together. Nature has just begun to form her nipples; just laid their foundations merely, but not yet projected them much beyond the apex of her breasts. She catches a severe cold while menstruating which strikes to her womb, chills it, and stops this excretion, and this the growth of her womb and breasts together; her nipple formation included. She grows along up, becomes twenty, twenty-five even, her nipples meanwhile remain just where and as they were when struck by this womb-paralyzing cold; so that

9. UNDEVELOPED NIPPLES INDICATE UNGROWN WOMBS, and good, large, long, projecting nipples, well developed wombs.

THERE, ladies, and all concerned, is a sign and test of superior and inferior *womb*-manhood as well as beauty, worth knowing. Yet now let a love affair, or any removal of this womb paralysis transpire, her nipples begin to grow again, as do also her breasts.

THE COLOR AROUND the nipples also indicates existing womb states to a nicety. Thus a good deal of color indicates a corresponding amount of gender; a bright red, perfect sexual health; a brownish, blueish, yellowish, or other discolorations, these or those female complaints; and palor or no color, womb inertia; as is mostly the case after menstruation ceases, and the womb declines into its comparatively inert state.

SORE NIPPLES AT CHILDBIRTH are caused by womb straining and inflammation inflaming them, through this womb and nipple sympathy. Then address their cure to it, not them.

PASSION ERECTS them always, and rubbing the breasts provokes passion, that is, womb action, as all females' experience proves, as does man's always prefacing intercourse by manipulating them, and all impassioned women during intercourse presenting them.

ALL BREASTS ARE FIRM AND MAGNETIC, in proportion as their wombs are vigorous; but soft, flabid, lifeless, demagnetized as their wombs are inert or dormant.

ALL CHANGES IN WOMB STATES AFFECT THEM correspondingly. Thus they are always different after both cohabiting and childbirth, as compared with before. These identical laws govern all male nipples.

EXTRA FAT bosoms, analyzed farther on, are caused by the action of this same law of all womb states similarly affecting the breasts.

THIS IS THE FIRST SCIENTIFIC analysis of the female bosom ever propounded. Please think how instructive.

10. "THE FEMALE FACE DIVINE" COMPLETES this analysis of female beauty. Why beardless, when man's is bearded? Obviously to designate each sex, and disclose all the existing sexual states of both. The more masculinity the more beard in men, both appearing together, and the less, the less; while the better the womb states of all women the less beard, and less womb vigor the more beard. Hence a fuzzy mustache indicates sexual irregularity of some kind; of which most women have more or less after their bearing period ceases. That is, as they verge again towards the neuter gender state, they have this between state of beard.

11. THE COMPLEXION reveals existing sexual states to perfection. That

blush or glow on the cheeks of well-sexed maidens is beyond comparison the most beautiful coloring on earth. Why placed *there*, instead of elsewhere? Obviously only to enamor man, and thus induce him to choose its possessor for the mother of his future children. That rationale of beauty already given is its also. Both kindle male passion, and for the same reason, that both indicate and emanate from womb vigor. All complexions change as womb states change. Pimples on the face indicate imperfect menstruation. Ashy paleness, or a white, bloodless palor, is a sure sign of female complaints; as is a dun, brownish, yellowish complexion; while a great deal of color signifies a corresponding amount of womb vigor and action of some kind. Hence, complexions are something more than "*skin deep*;" they are *womb deep*. Why? Because

NATURE MUST REVEAL ALL THE SEXUAL STATES OF ALL TO ALL, that all may choose their sexual mates understandingly. How else could they? The face is the part most conspicuous and observable, and hence the best *place* for their exhibition. Therefore it is in the most perfect sympathy with all the womb states; so that all facial states proclaim all womb states. Facial form or beauty is but a part of the outworking of this great law.

12. THE MAIDEN'S BLUSH, when twitted about her beau, is caused thus: She loves him. Love and her womb are in reciprocal sympathy, so that all love action awakens womb action. Reminding her of her beau instantly awakens love for him, and this her womb action, and its sympathy with her face flushes it with that most beautiful sight mortals behold; while partially vulgar allusions reverse and shame it, which gives a crimson blush. Extra susceptible maidens sometimes blush both all over their faces, and clear down back "*behind their ears*."

13. THE EYES are equally significant of all the sexual conditions. The anatomical reason and means of this is found in the lecture on "Manhood," well worth studying, and briefly this: 1. Love and the sexual organs are in perfect reciprocal sympathy. 2. It is located in the back and lower part of the brain. 3. The optic nerves run backwards and downwards, right around its

cerebral organ. That is: all sexual states affect all love states, and all love states are thus thrown right into the eyes. Hence

ALL LOVERS MAKE LOVE THROUGH THEIR EYES, at least as much as by any other means. Lewdness shows itself in the eyes most effectively, as does also purity. All "oglings" have this for their base and inspiration. How exceedingly bewitching are loving lovely eyes? "Neither let her taker me with her eyes." Solomon knew. Hence they are the focus of beauty. All its rays converge in them. Surely, ladies, you need not be told how important a part brilliant, captivating, bewitching, sparkling, glowing eyes play in facial beauty, and are shown *why* in this reciprocal sympathy existing between womb, love and the optic nerves.

DISCOLORATIONS UNDER the eyes indicate female complaints. Thus a *reddish*, *livid* spot, just beginning under their inner corners, indicates the beginnings of sexual impairments. When the latter increases, the former deepen and extend the farther. Let it redouble, and they extend all along under the eyes, making them look as if the blood had settled there; while its re-increase causes them to extend *above* as well as below, and gives a sunken, vacant, staring, haggard, awful facial expression. This look always proclaims a woman's excessive sexual taxation, by her husband's nocturnal sensualities. "Satan keeps no secrets." A dun, brown, mealy, bluish color all around the eyes indicates womb exhaustion and disease united.

14. BARRENNESS is often indicated by the eyes, thus: In women barren from sexual inertia, the white of the eyes is bluish, azure and leaden in color; but those who are barren from sexual inflammation, so as to burn out the life-germ—the commonest cause of barrenness—have the whites of their eyes bloodshot, or full of red veins.

RED RIBBONS AROUND ALL EYELIDS indicate sensuality, always, in all, male and female. See this law applied to reading masculine sexual states, in "Manhood."

ALL WOMB STATES AFFECT ALL OTHER portions and functions of the female body equally with these; for how could they thus affect these without equally affecting them all, by virtue of this great

aw, and because they affect these solely in order to transmit them. How could the womb transmit all the states of all these maternal parts to progeny unless it wielded an iron scepter over them—could absolutely command them with autocratic tyranny? Yet it transmits, and must therefore command, all the other bodily organs and functions with equal tyrannical sovereignty. Thus it is, woman, that

ALL YOUR BODILY ORGANS AND FUNCTIONS ARE VASSAL SLAVES, bound hand and foot, and chained to the triumphal car of your womb and all its states. But

YOUR MENTALITIES must be equally entailed on progeny. "Equally?" As much the *more* as mind is the most important. Therefore

YOUR WOMB STATES GOVERN ALL YOUR FEELINGS, all your moral and intellectual operations included. How could they thus govern your bodies *without* governing your minds: for are not both in mutual sympathy? Or transmit all your mental states without controlling them with resistless might? Let great ranges of facts bear witness.

SEXUAL STATES GOVERN THE MENTALITY. All true women love to talk and listen to men best. Why? Because there is a male cast of thought and expression. Who but could say "A man wrote this, and a woman that?" Even male prayers and sermons differ from female. Women love all masculine mentalities the better as either are the better sexed.

SEXUAL STATES GOVERN THE SPIRITS. How extatically happy are all girls? Shines sun on their equals? Behold that bevy of sweet sixteens! Joy personified. Just see how gay, bright, animated, lovely! Every little thing sets them into roar after roar of rapturous bursting laughs; because they are in an enraptured mood. Why so much happier then than during any other life epoch? Because, up to puberty, Nature has wisely kept back their womb. Yet at eighteen it must be on a par with their other organs, in order to transmit them. Therefore it must grow enough faster than they to catch up with them, and therefore throw over their entire systems proportionate sexual inspiration, which is happiness, ecstasising; of which the ecstasies of sexual intercourse are the climax. And all degrees of

sexual action create a proportionately joyous, buoyant, exultant feeling, beyond verbal expression. Mischievous girls are so and merry ones merry from this cause. And all women are the fuller of joyous, jubilant, genial, attractive, lovely, happy, luxurious feelings in exact proportion to their womb vigor. Such even turn evil into good, and make happy over what is calculated to make miserable. Indeed, they can hardly be made unhappy; yet

FEMALE COMPLAINTS TURN these tables. All victims of womb prolapsus have a fallen, sunken, gone, moody, blue, woe-begone, discouraged, sighing *spirit*, which turns their very joys into sorrows, good into evil, pleasures into pains, and virtues into vices; giving even to their religion a sad, ascetic, frightened, gloomy, self-condemning grief-smitten cast which turns their very piety sour. All prolapsed females are living witnesses of this painful truth. Their life's sunshine has departed, till their wombs are restored.

FEMALE GOSSIP ORIGINATES IN WOMB IMPAIRMENTS, thus:—Our own states of mind impart their aspects to all we look at: being to mental vision what colored glasses are to physical. All women in sexual health are in a jubilant frame of mind, look only through pleasant glasses, and when they tell what they have seen, impart to it their own sweet, good mental frame, which makes all they say seem better than it is; whereas, womb impairments make their victims look at all things through blue, moody, smoked, spleeny glasses, and put their spleen into all they say and do; which makes gossip, scandal, downright slander out of most they say. Yet they deserve more pity than blame. Their *minds* are sick because their wombs are. All gossipers are in the *turned* states of their wombs. Our womb-and-mind sympathizing principle points out the cause and cure of O how much female morbidity, wretchedness and repellant! Their womb disease unfits them to bear, and this repulsive state *prevents* their bearing by its hateful spirit driving men away from them; just as womb-health makes them loving and lovely, so as thereby to attract men to them, and thus secure maternity.

FEMALE TEMPER, fury, haggishness, vengeance, etc., have this identical origin, in womb reversal. Their frequent

hatefulness—even fiendishness—words cannot describe. Scolding early, late, always. Suspicious, malicious, devilish, downright insane in all depraved respects. Only their own infernal spirit can describe them. Poor miserable victims of turned womb states! She-devils, yet easily converted into angels, by restoring right womb action.

VIRGINS AND HARLOTS furnish our climactic illustration of womb states as governing the morals, both ways. By common human consent, virgins are the most sweet, pure, patient, lovely, exalted, angelic, and harlots the most cold-blooded, hardened, depraved, wicked, beings on earth. Laura D. Fair shoots Crittenden after his giving her \$75,000; and because he clung to his family instead of to her! And before his wife and children at that, to horrify them! What an act? from what a motive! Sexual depravity its only cause. If she had preserved her sexual purity, she would have retained her virgin purity in all other respects. Her sexual fall is what dragged her down from that exalted moral plane of her virgin purity to this of her present fiendish depravity. All other harlots are similarly depraved from this identical cause—sexual depravity depraving all, as sexual purity purifies all. Here is a law, applied to men also in their lecture.

REFORMERS, JUST HERE is the keynote of all human reform.

ALL OTHER mental states are equally governed by this womb-and-mind sympathizing law, as much as these; and for this same reason—the sexual organs must transmit the entire mentality, throughout all its great and little, general and existing, states: therefore it must absolutely control all. Behold every mental operation the enchained captive of this sexual king, sovereign, autocrat of woman. What tyranny as tyrannical! What blessing equals that of a good, what evil of a disordered, womb! Tremble, its very possessor, in view of its potentiality for good and evil over every fiber of your whole being, and rush on to this most eventful of all human enquiries:—

WHAT CONDITIONS CAUSE AND IMPAIR WOMB VIGOR? No answer equals this in practical importance, reaching far and near, and affecting every member of the race forever! It concerns every single woman and girl in *person*;

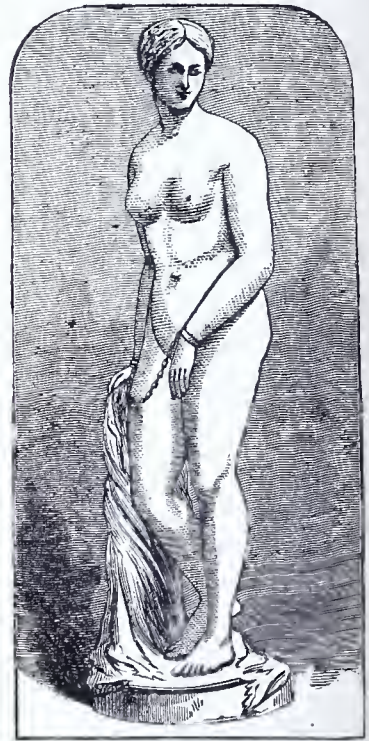
every husband, actual and prospective as rendering his wife inexpressibly lovely, or hateful, and as grasping and controlling the life-center the soul's essence of all yet to be born forever! A should tremble as we advance to its position. Yet,

THE APPALLING AMOUNT of female decline and impairment claims prior attention. Let every test of womb vigor above demonstrated, say how great, how heart-sickening

NOT ONE FINE FEMALE VOICE per thousand, regales human ears! O what enchanting vocalities all might, yet few possess! Weak, husky, quacking, coarse barking dry, and the best but poor compared with what all might be.

HOW FEW FAIR TO MIDDLING WALKS how many O how inferior!

THE PERFECT FEMALE FIGURE.



POWERS' "GREEK SLAVE."

FORMS no better! What little hips! What shrunken abdomens, or else pussy and obese! What mean flabby thighs, shanks and arms!

WHAT SHRIVELED BREASTS! Generally as flat as boards, unless mainly adipose; nipples small or discolored, or chests narrow, or shoulders bent forward, or all. O ladies, your mammal poverty how pitiable! A hundred thousand sucking bottles bought and

ally to supply to babes that nutrition
east should, but do not, furnish! And
veral babes using each bottle in suc-
cession!

BEHOLD IN POWERS' GREEK SLAVE
a model female figure, what all female
forms and busts might approximately be!
hold to what modern civilization has
lured them.

FEMALE FACES EVEN WORSE. Where
are those sparkling eyes, ruby lips, and
glowing cheeks every female might pos-
sess all the way up from girlhood? How
many shrunken cheeks, haggard looks,
sunk eyes, soulless bearded faces?
How many must actually consult doc-
tors? how few not?

LADIES, ALL MIGHT be more lovely
than the houries, more beautiful of form
than Venus ever was, and so overpower-
ing; throughout all your female charms
person, face, and mind, that no
scholar could withstand your "stun-
ning" fascinations, unless unmanned.

FEMALE SPIRIT WORST OF ALL! How
can you possess that loveliness of soul God
bestows to every good-wombed woman!
How many men disappointed, they
know not why, but in reality because
they utterly fail to find a genuine female
able to love, all frittered away in fash-
ionable demoralizations misnamed ac-
complishments.

IN PITYING SORROW, not reproach, we
know all this. *You* are not to blame. In-
ferior fashion, which you all bind
on each other, and men on you,
causes all this havoc. You are the piti-
able victims of all this female ruination,
misnamed education. Great God! how
valuable this sacrifice of Thy last and most
perfect work! We say all this in gush-
ing affection, in yearning sympathy, and
make you

WAKE UP, and look your actual status
plainly in the face. Knowing it is the
first step towards obviating it. This
alone can set you to inquiring out its
cause and cure. We love you too well
to see you crucified and immolated thus
en masse, and are bound to rouse
you, even by maddening you if we can-
not otherwise. You should be fairly
glad in view of your fallen feminine state,
and rush along with whatever of female
soul and spirit" yet remain in you to
FERRET OUT THE CAUSES of this
female decline and impairment. They
are not slight, but commensurate, in
extent and virulence with these appall-

ing effects. They are not hidden, for
nothing *sub rosa* could ruin you thus;
only something just as apparent as "the
unclouded sun." They must be
"legion" in number, and monsters all,
besides, to be co-equal and co-extensive
with your devastations. We can note
but few, nor tell half their ravages. The
first, most insidious, wide-spread,
deadly and fatal, because wholly un-
suspected, is

DISAPPOINTED LOVE. How so?
What in this seemingly slight cause
effects evils thus infinitely great and
ramified?

I. LOVE AND THE WOMB ARE IN
RECIPROCAL SYMPATHY. Each was
made only for the other. Both are
created to carry out precisely the same
identical end—impregnation. Nature
wants children, yet only those of love,
and no others; and therefore indissolu-
bly unites love and womb in every sin-
gle possessor of either. And the
stronger or weaker either is, so is the
other. Love is but the womb yearning
to carry out its creative destiny—to co-
habit and bear. Ye who say no, know
not what ye say, and talk nonsense. She
who loves a man loves him for cohabita-
tion and maternity—that only end of
everything sexual. This assertion is
sweeping. Mark its proofs.

I. BEING IN THE SAME ROOM with
the man you love, sends a warming,
glowing, good feeling right down to
your wombs, just as palpable as sun-
warmth, which sitting close to, walking,
talking, laughing, dancing with him,
redoubles. Every one of you can dis-
cern this distinctly in every dance, pic-
nic, party. And the more as you love
more.

HIS PRESSING YOUR HAND REDOUBLES
this womb glow and action, as does
every expression of his love for you.
Note this all the time you are with him.
No woman ever yet reciprocated love
kisses and caresses with any man, with-
out rousing womb action distinctly, if
she but stops to notice. What mean
those huggings and kissings with which
both always introduce and prepare each
other for intercourse but incipient in-
centives to that womb action necessary
to it?

2. ALL LOVE REVERSALS REVERSE
womb action. Loving any man is de-
sire to cohabit with him; while hating
him creates aversion to it. Every

woman sees and feels this in every motion of affection and aversion. Every loving woman who finds sudden but absolute proof of her loved one's infidelity, can distinctly feel, as it were, a thunderbolt strike down to and lodge right in her womb; and every woman scolded by any man she loves feels a dead weight, an awful, agonizing sensation in her womb right after. Note how it feels just after a love spat, or estrangement, and even separation from him. The death of a man beloved has a like effect, and often deadens a loving wife's womb, besides arresting menstruation, or else rendering it sparse and painful; whilst a woman well loved and loving menstruates much more freely and with less pain, during this loving mood than before or after. These ranges of facts have escaped mention, but are within the *experience* of every woman who chooses to annote either or all. Just think what they prove. This that:—

ALL LOVE AND WOMB STATES ARE RECIPROCAL. And this proves that

ALL UNHAPPY LOVE IMPAIRS, ALL HAPPY, IMPROVES THE WOMB. Both philosophy and facts attest both. Farther:—

A GIRL LOVES HER BEAUX. This love awakes proportionate action in her womb, and sends to it the more blood the more she loves. This blood enlarges and develops her womb, to fit her for maternity by him. This womb action develops and warms her breasts, which become the larger, plumper, harder, more luscious the more and longer she loves; thereby improving every mental and physical charm of her entire being. See how much lovelier all women are when in love than when not. Ancient statuary illustrates this by representing Psyche as having the loveliest of all bosoms whilst loving Apollo. Every hour every woman is with the man she loves, in parlor, church, public or private, she can distinctly perceive this warm, good, happy feeling all over her, but especially about her womb and breasts. The longer this love lasts the more it develops her in every feminine attribute, it being precisely what her whole female nature was made for. What but this pleasure makes all girls so crazy to be with their "fellows?" Yet anon, alas, a misunderstanding, a hardness, a "spat" occurs. This consists in the *turned* state of her love *feeling*. Of course

this necessarily reverses her womb *against* him, which was before for him. She becomes fairly mad, every time she thinks of him. This converts that pleasant feeling he gave to her womb before into unpleasantness after. An awful wretched feeling pervades her entire mind and body after, in place of the inexpressibly happy one his presence gave her before. Her love state built up, her hate state breaks down, her entire female entity, mental and physical. None realize how much, because none have before ever noticed. A year of happy courtship will improve any woman's face, bosom, figure, spirit, loveliness most palpably; while a year of unhappy feeling about a once loved man, will wrinkle her face, parch her lips, blanch her cheeks, shrivel and lessen her breast and diminish of all her female charms of person, of mind, in exact proportion as she loved before, hates now; felt happy then, feels miserable now. Mark the reason:

LOVE IS THE SOUL OF WOMANHOOD; its chit, its outworking, its end, rather, means to its reproductive end.



PSYCHE.

REVERSED LOVE CONTINUED, NECESSARILY WEAKENS, THEN DISEASES THE WOMB; just as continued nausea or hunger does the stomach. As nothing breaks down and disorders digestion as does prostrated fasting; so nothing impairs the womb as do unsatisfied love cravings, or love deferred. All women can see and *feel* this by simply noticing their cheeks, breasts, and womb state when in love, as contrasted with disappointment.

EVERY WIFE, CULTIVATE love towards your husband. Not one of you can at all afford to dwell indignantly or sadly on one of his faults; for you have no gender to fritter away in dissatisfaction. Feeling badly over his errors does not obviate them—but aggravates, by making you ugly towards him, only to make him much uglier towards you.

APPRECIATE ALL THE GOOD in him, put up patiently with all the bad; meanwhile obviating all you can of the latter, and developing the former. You are probably doing him palpable injustice and yourself manifest injury. He has nineteen excellencies: is hard-working, honest, kind, sensible, true to you, honorable, skillful in his business, etc., yet has one fault—drink, or temper, or is uncultivated, or something else. How foolish in you to ignore all his virtues, yet dwell on his faults! You cannot afford to rifle your *own* infinitely precious womanhood in feeling badly over them. The more you notice them the worse for *you*. Your breakfast is in the main good, yet your milk is a little burned; how foolish to let that spoil it, and make you starve on you know not how long. Eat what is good without milk, or, if you notice its burnt taste, take as little as possible. Yet quite likely

YOUR OWN DAINTY TASTE makes most of the trouble. The stomach and appetite are to each other precisely what the womb and love are to each other. As appetite comes from the stomach, so love comes from the womb. As a strong stomach creates a hearty relish, and a weak stomach a poor appetite, so a vigorous womb creates a whole-souled love, which a weak womb renders tame and insipid. As stomach ailments create a feeble, qualmish appetite, easily disgusted; so womb ailments give to love that dainty, qualmish, disgusted, dissatisfied state which annotates all a husband's faults, yet overlooks his excellencies. A miserable, food-loathing dyspeptic has nineteen good things about his dinner to one fault: he grumbles, snarls and swears over this one, and lets it spoil these nineteen excellencies, meanwhile starving on. Fool! Why not overlook this fault, and appreciate its nineteen good qualities, and feed instead of starving himself? Double fool! Don't he know that his chief trouble comes from his *own* faulty stomach? If that were right

his food would do. Now, if your womb has ever been impaired by wrong girlish habits, or child-birth, or a cold caught during menstruation, or your husband's ignorant excesses, know for certain that *its weakened state* creates that dainty love which munches and snivels over some little fault in him, which it magnifies tenfold; whereas, but for your *own* womb state, you would relish his excellencies so heartily as not to notice his faults. If you have female complaints, attribute a large part of your conjugal nausea to them, instead of him. Or if your womb vigor has waned, remember, you appreciate his faults and depreciate his virtues that much.

THIS, ladies, is the exact cause and specific origin of certainly nine-tenths of your discontent and aversion.

WHAT CAN, HOW SHALL WE DO TO RESTORE ourselves and establish concord? This same stomach analogy answers:

PAMPER AND NURSE your dainty love, just as this dyspeptic should his poor appetite. As an inflamed stomach creates a rampant, wolf-like greed which must be restrained, and a weak stomach a daintiness which must be coaxed up by hunting up something palatable; so an inflamed womb creates that rampant sexual craving and greed which must be restrained, while a weak or dormant-wombed wife needs to nurse, cherish, pamper her love by hunting all around for all the lovable qualities her husband does possess, thinking them over appreciatingly, and trying to coax up love for him by prizing them. How unjust—how even wicked—to ignore his good deeds, and feel hard over his bad, no matter how strong or weak either!

THIS, dissatisfied wife, is a course infinitely happier for you and him than your offish saur-kraut, scolding present. Your fullest appreciation and love of all his excellences is his *due*, and the best way to augment them; and perhaps you have faults enough to counterbalance his. Who knows but your own dissatisfied, non-appreciative *mood* and spirit have quenched his love for you, and turned it into hatred, he thinking, "A cold, heartless, unlovely, unappreciative wife mine, anyhow."

SUPPOSE HE IS FAULTY, he may deserve more pity than blame. Perhaps early boyish habits unmanned him in part; or his inflammable physical con-

dition made him excessively amorous, and you dissatisfied or maddened him by incapacity or aversion; or he found you very unlike what he expected; or he loved another first, and you have failed to wean and win him to yourself, etc., etc. Anyhow,

HE IS AS HE IS, and can't be changed, unless by your moulding hand. Make the best of what *is*. Endure patiently what you cannot cure. Cry no more over spilt milk; for this only spills more, without gathering up a drop of that dirty. Regrets are unavailing of good to either, yet *unfit you to do him justice*; besides turning both more and more against each other. For your own sake, impair your own womb no more by these womb-diseasing, bad, hard, grumbling feelings. "Half a loaf is better than no bread." You are immeasurably better off with him thus faulty than if an old maid, with none to love you any, nor you to love and do for. Think what a luxury in doing for even a faulty man, and having him do for you even what he does do. Don't expect terrestrial perfection. Turn his very imperfections into that love discipline which shall fit you for a higher conjugal state hereafter. Fool, to snivel on thus! Do your best with what is, but injure *yourself* no more. All old and young

MAIDENS DO YOUR BEST TO PROVIDE yourselves with a man to love, and a family to rear. You were not made women for celibacy. If Nature had thus designed you, she would have made you "neuter gender." All that is womanly in your body and mind proportionally craves and demands marriage and motherhood. You ignore them at your life-long loss. By their importance and imperiousness are you sacredly bound to provide yourself with them. Such provision is universal female instinct, and right, because God-ordained. *Not* to is wrong.

YOUNG WOMEN'S BLOOM AND "SWEET SIXTEEN" CHARMS have for their sole object to secure marriage proposals while they last. They are as inexpressibly precious as that family they were created to secure. Make the most of them by prolonging and improving them to enamor a mate while they do last. Within two years of twenty is your true mating period. At twenty-five two-thirds of your marital chances are past;

at thirty, six-sevenths; at forty, twenty-nine-thirtieths; and maternity is easiest and safest between twenty and twenty-six. You are far more magnetic, more impressing and impressible from nineteen to twenty-three than at any other period. Sexual and affectional starvation is inevitable unless mated by twenty-one, and most destructive of womb vigor, as ailmentary is of stomachic. Then promote and manifest this bloom by seeking company, behaving bewitchingly, dressing captivately, *decolette* included—yet often the more millinery furbelows you wear the less fascinating you are—"smashing" the best "catch" you can, and then *keeping up* any love once initiated; for nearly every girl *loses* a beau or two, to her life-long detriment, because grieving over his loss impairs her womb vigor, as just seen, and this her loveliness; and before either revive her bloom is waning, and she on the high-road to a loveless, starving, lonely, old maid's life. "Which shall I take?" "Whom can I get?" What a difference—yet how common—within four years! Girl, what consummate folly to refuse a beau because not *just* to your taste! Take the best you can get, but *some* one; and rely on moulding out what you do not like, and moulding in what you do. See how, in the lecture on Love. Nor let parents cheat you out of marriage, either. Use all due means to secure that marriage and maternity which alone can fulfill your female destiny, and bless your declining years with family surroundings. "Society" won't let you love out of wedlock: see that you make your sexual bloom provide yourself with one to love in it. Besides,

YOU'VE GOT to love, as much as you've got to hunger, unless you eat. Love is as inborne and therefore irrepressible as appetite. You cannot help its action in some form. God will not *let* this love element He has mercifully incorporated into your existence die out altogether. It was put into you to *stay* there, and live as much as was heart; and can no more be suppressed. Can you crush out appetite? No more love; for both are inherent mental *Faculties*, created to act on *forever*. Womb inertia is as impossible as stomach. If you won't, can't, don't exercise it in its legitimate way, with a mate, or some one of the male sex, Nature compels

you to exercise it with yourself in sexual thoughts, feelings, and desires, or self-abuse; but exercise it somehow. No alternative is left. Nature takes no excuses here, any more than in death. Then improve you sexual bloom to enamor some mate. And be just modest enough about it to promote, not frustrate, success.

WHAT SHALL YOU DO WHO HAVE PASSED IT? The same as if seed and harvest times had passed unimproved. A rowen or turnip crop may yet remain, and be better than total starvation. A widower or some one else's family, any crumbs, are better than nothing, or self-abuse. Neglecting to sow and reap on time is bad. Warn girls, if nothing else remains.

A CANADIAN girl at seventeen loved and was loved by an English army officer. His parents forbade his marrying her. He obeyed, and was recalled. Her heart broke. Her whole female nature relapsed into a state as near inertia as possible, thinking only on him. She ignored all society, devoted her young life to piety and the poor, lived alone in her father's attic, ate, staid, by herself, except her ministrations to the sick. A mere wreck, wan, forlorn, nearly bald, awful to behold and contemplate. His parents die. He loves her still, accidentally hears that she lives; writes her father to send her, solemnly pledging himself to marry her however she may look, yet giving her option to refuse him. She goes, they meet, marry, and are inexpressibly happy; he remembering her only as she *was*, not is.

NURSING FORMER LOVES MAKES MOST OLD MAIDS. No two loves can co-exist in the same soul. The old prevents all new, by creating a dainty fastidiousness which declines all offers, however good. Such piously nurse old affections as sacred, thus immolating their gender, and killing off their few remaining chances. Out on this suicidal course.

CRUCIFY ALL HOPELESS LOVES. They have done you irreparable damage already. Let them do you no more. You wrongly think there never was any other man as good, whereas you magnify his, diminish others' excellencies. Here, as above, your love appetite offers the only real difficulty. He has enamored, magnitized, charmed you. Your loving him has turned your womb to him and

from all others. If you can consume that old love, do so; but if not, crucify it. Seal up and lay back on the shelf of the past all its hallowed memories, and vow to yourself to banish them always, cherish never, whenever they obtrude. Take the advice just given to dissatisfied wives of noting, admiring, loving masculine excellencies wherever you can find them, and thereby keep your heart warm, soft, receptive, impressible. Shut both eyes to every male fault; open both wide to discern all excellencies. Make allowances for your *own* dainty, crusty, nippy, old-maidish, prudish *mood*. See how girls treat the fellows, and handle their beaux, and do just so, only more so. This offish, prudish, repellant, extra-proper, distant, reserved and chilly mood is anything but winning. Don't be afraid or ashamed to court. Girls do, with propriety: why not you with more? You need be as much less shy and modest than they as you are older. Keep your female excellencies and conjugal virtues on exhibition. Let your female light shine. Be true to your womanly instincts, and trust results. Manifest freedom, but not passion. Don't be discouraged. But mark:—Rely on your *self*, not apparel, to captivate. Any fellow your toilet may "smash," ain't worth smashing. You want no *clothes* lover, but a *woman* lover. Then *be* more womanly than fashionable. Let no chance to make a chance pass unimproved. Latest comers must work hardest. Keep on setting caps, if only to prevent sexual starvation—that old maid paralyzer. This advice is true to Nature, untrue to custom.

DON'T GET TURNED AGAINST THE MEN, as old maids often do. This is like a starving food loather, and shows your *own* awfully heathenish mood. This disgusted feeling towards men is exactly like vertigo to the stomach, and is caused by that same reversed state of the womb which in the stomach causes vomiting; and no more hurts "the men" than nausea hurts food. A reversed disordered stomach causes vertigo, and a reversed disordered womb causes this man-hating sexual vertigo. All own child hating mothers are natural heathen; yet no worse than, and exactly analogous to

MEN HATING OR LOATHING WOMEN—Nature's abhorred outrage. Hate

women if you will hate; but opposite sexes were made to appreciate, prize, and love each other. As well loathe sun, or warmth. She who said, "I hate all these men in general, and my own husband in particular," thereby disgraced only *herself*. That state of feeling will soon palsy, then disease her womb who indulges it. Still, women-hating men are just as bad. "Men?" Brutes rather. No not even brutes; for no beast is so beastly as to loathe, even neglect its opposite sex.

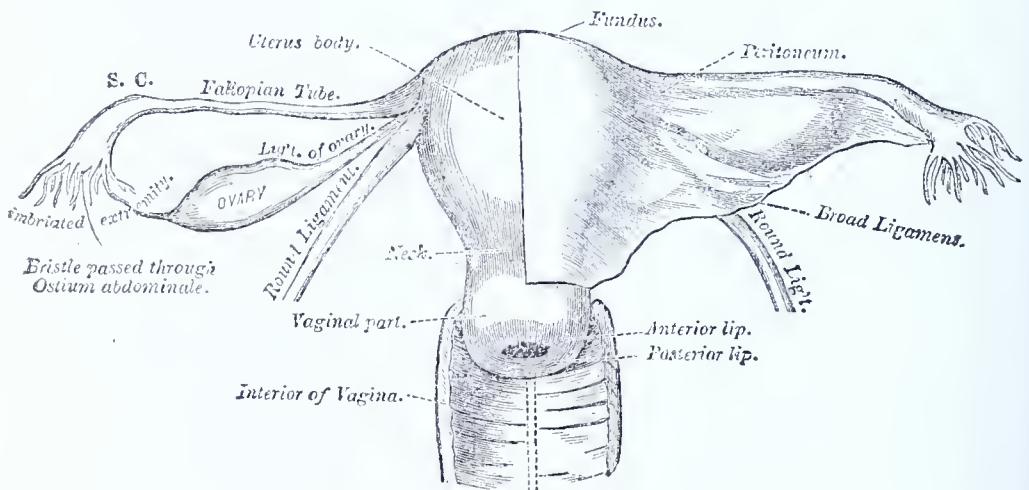
A PROLAPSED WOMB is a wearisome, paralyzing, and very frequent female complaint. Few but suffer more or less with it. Its commonness renders any elaborate description of its effects superfluous. Those who have it need none; those who have not, can easily learn from those who have.

DESCRIBING THE FEMALE ANATOMY is first necessary, in order to convey any correct idea of it, or its treatment. Woman's sexual organs consist chiefly of these four, and their appendages:

organs without adhesion; a middle muscular layer which contracts on and hugs its contents, which it helps expel; and an inside mucous; all of which form and enclose an internal cavity for receiving, containing and nurturing the life germ, and expelling it when sufficiently grown to sustain independent life. This is what constitutes woman's *sanctum sanctorum*.

ITS MOUTH, or vestibule through which the seeds of life enter this sacred enclosure, is at its lower end; opens into the vagina; is shaped like the inside of a cup, which fits and presses it at conjunction upon the rounded extremity of the masculine penal bulb; and has an aperture in its middle, through which the life germ is admitted, and foetus expelled.

2. THE VAGINA is a cylindrical passage-way from the womb to the female aperture between the thighs, formed by the virtual extension of the three womb layers on to the labial or lips, at and constituting its entrance; curving



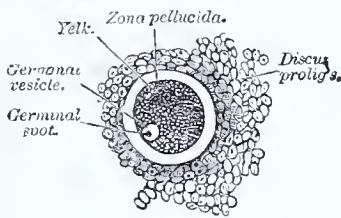
STRUCTURE OF THE WOMB, AND ITS APPENDAGES.

1. WOMB, is a sack about three inches long, two wide, and one thick; weighing from one to two ounces; faithfully represented, along with its appendages, in this engraving, which explains itself; shaped like a flattened pear; located in the lower frontal part of the female abdomen, and protected in its rear by the spinal column, on each side by the hips, and in front by eyes and hands; and composed of three investing layers, an outer mucous covering, which enables it to slide upon and among surrounding

forward as it rises; is about four inches long on its front side and six on its back; folded; full of nerves and erectile by passion, which contracts its spiral muscles, thus clasp and pressing its penal contents on all sides, in which the chief pleasures of both during coition consist.

3. THE OVARIES are located on each side of the womb, in the female groins; between and in front of the hip bones, over one inch long, a half wide, and a third thick; which manufacture an egg called ovum, well represented in this en-

graving of one, in the lightest spot of which its functions center. Its office is to feed the life germ from the moment of its cohabiting deposit, or it must starve to death.



ENGRAVING OF THE OVUM.

4. THE FALLOPIAN TUBES are ducts extending from below the ovaries to the upper part of the womb, called its fundus. Their finger-shaped ends, turned up-

male element is admitted during its stay, impregnation is likely to follow; if after it passes off, unlikely; unless the interest felt is sufficient to call down another egg.

ALL THESE PARTS AND THEIR CORRELATIVE POSITIONS, together with their appendages and adjacent organs, are admirably represented in this figure, which will amply repay close scrutiny, and is most instructive.

IN PROLAPSUS, THE WOMB SLIDES DOWN along the vagina more or less, sometimes even into the external world, consequent on weakness, and the lax, flaccid states of its supporting ligaments, of which the broad is chief.

IT IS CAUSED in part by tight lacing crowding the upper visceral organs down upon it in every turn of the body, be-

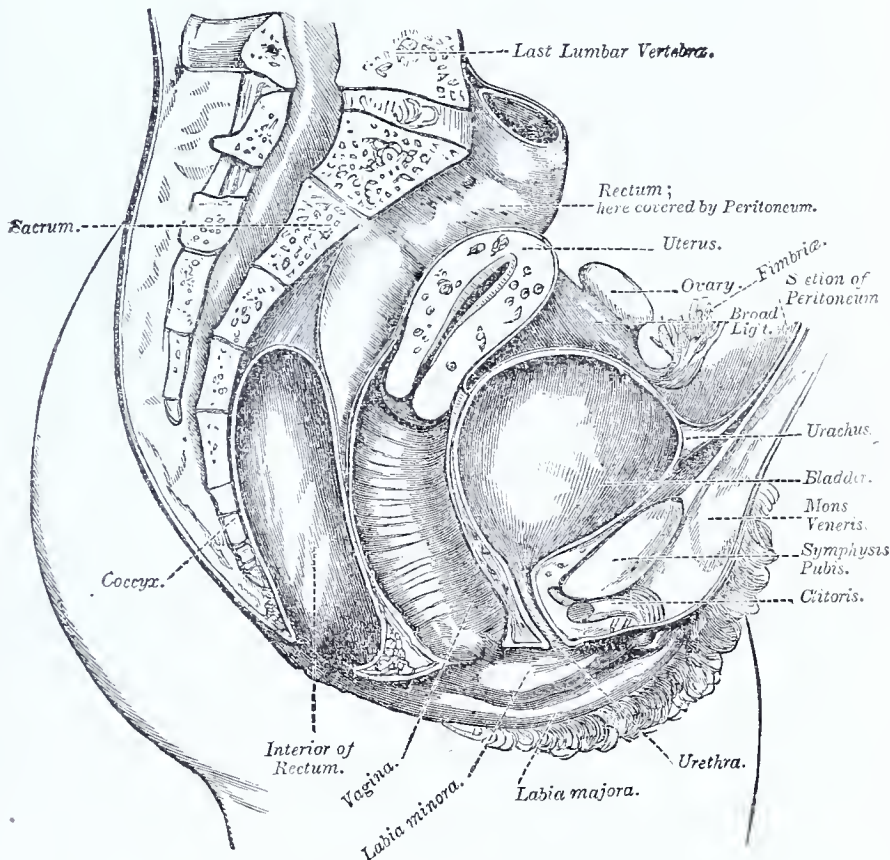


DIAGRAM OF THE PELVIS AND ITS ORGANS.

wards, and standing below the ovaries, receiving the egg by gravity from the ovaries into this pocket, contract upon and swallow it up into the womb, about the monthly period, where it remains several days, when it passes off. If the

cause they must give somewhere, and can only give below by every movement squeezing them down upon this poor womb; 2, by clothes appended to the hips by bands which pass around the upper part of the abdomen, thus the

whole weight of the skirts pressing down upon the abdomen, and crowding down the bowels upon the womb, *besides* this corset pressure; 3, by constipation causing the evacuating strain to relax its supporting muscles, and this, by general womb and visceral inertia, caused by long deferred, or disappointed, or unhappy, or pining love states, as explained above, or the taxations of excessively amorous husbands, or early self-abuse, etc., etc.

PROLAPSUS OFTEN INDUCES CONSUMPTION, thus:—When the womb and bowels settle into the bottom of the pelvis, the stomach and lungs also settle down, because their underlying support has settled; yet their being attached by meatpipe and windpipe to the throat cause them to *hang* upon it; which causes a strained tickling sensation, and therefore a hacking cough, which coughing only redoubles, and sends along down the bronchial tubes to the lungs; the Doctors meanwhile firing their medicines at the lungs, while the real cause is prolapsus. And if they should cure up the throat and lungs to-day, the still continuing lung and stomach pendency would bring back irritation, and cough, and consumption to-morrow. No cure is possible till this sunken womb, its cause, is raised, when it will cure itself.

THAT is why women are more consumptive than men, and can be easier cured. Doctors, wake up.

THE SIGNS of prolapsus are easily and correctly discerned by every woman for herself, without a doctor's expense or exposure, in

HER OWN FORM, thus:—The bowels should round up from all sides quite like a globe segment, with the navel a little above the centre, as seen in the abdomens of children. But when the womb and bowels fall, their upper part settles downwardly and inwardly; while their lower correspondingly projects outwardly; the bowels lying in a pile shaped quite like a new moon, with its horns directed upwards, and largest part at the pubis; which causes the navel both to settle, and stand as it were on a *side hill* and pointing obliquely *upwards* at an angle 45° more or less, instead of nearly straight forward.

THE DISTANCE of its mouth up the vagina is another sign. It should be *four or five inches* the longer as the fe-

male is the taller, above the external opening. Much less indicates falling.

ITS CURE is the MAIN thing. Yet

IT CANNOT be cured by PESSARIES, because they sustain it by its *resting* on, and being held *up* by them. Yet *they*, womb and all, must rest upon something below and around them; whereas nothing remains there to support womb, pessary and all, but the rectum in the rear, bladder in front, and ovaries on each side. Their resting on the rectum behind stops the passage of the excrement, which causes constipation, the evils of which about equal prolapsus; resting it on the bladder in front must needs irritate it, and thereby derange the urination, the evils of which are terrible, even worse than of prolapsus; or else on the ovaries, to inflame and derange the very seat of female life; they being to the female just what the testal organs are to the male, and originally called the "female testicles." Besides,

ALL FOREIGN SUBSTANCES MUST IRRITATE both the womb, and all the parts thus interfered with, and thereby cause more disease than cure. A lady said:—

"I LAID UP, by industry and economy, over four hundred dollars in bank; in doing so induced prolapsus; applied to a Doctor, who daily inserts a sponge pessary previously saturated with some medicine; have been thus kept doing nothing till all my money is used up, and I am nearly one hundred dollars in debt; am no better, but my Doctor says he must keep me six months longer." Enough. What *could* more conclusively prove that he is doing you harm while robbing you of your money?

I HAVE KNOWN scarcely one who even *thought* she was benefited by using pessaries, and many hundreds who know they have been injured thereby. Ladies, your own sense should tell you that prolapsus cannot be cured by any such means.

NOR BY TRUSSES, either; for they arrest the circulation by their necessary pressure, are bungling, make you look and move badly, and do more harm than good.

"HOW SHALL WE, OR CAN YOU, CURE?"

I. MAKE A HALF SACK, shaped quite like a half moon; its lower edge much longer than its upper, and both edge ruffled by a tape sewed into each, thus bulging in its middle part, with its tape strings extending along up each side of

its horns, so fitted to your own individual abdomen that when you place it its lower tape string shall pass below the bowels, just above the pubic bone, and its upper above, and so joined that when you draw them together above your hips and tie them, together behind, they will raise or lift up your bowels, womb of course included, swing them on your hips, and thus *carry* them in this half moon sack.

HERE, ladies, is a costless truss substitute, self-fitting, pressing equally and yet softly on all parts, convenient, comforting, and beneficial.

2. THE BED EXERCISE is another, and very effective cure; and consists in lying on your back on the bed with your head low and pillow not under but at the *top* of your head, now reaching up and taking hold of the headboard, or post, or a strap tied to either, and *pulling* repeatedly, then relaxing; and the power thus brought down by your arms will be transferred to your pectoral muscles; and a part thrown still lower down upon your abdominal, which extend down over the whole abdomen, and fasten on the pubic bone, whence this power, reflexed, now pulls *up* from below upon the womb, draws it and the bowels upwards to their places; and promotes that circulation in them which carries off disease, and brings back health and healing material. Mark:—

GYMNASTICS, working, walking, etc., make you worse, because gravity is perpetually drawing these parts down all the while you exercise; whereas in this bed exercise the womb is pushed upwards without hindrance.

THE BLOOD is the great cure-all of all diseases, and this plan greatly accelerates its circulation.

3. RUBBING THE BOWELS UPWARDS is the best cure of all. While in college a graduate cured up dyspeptics by this manipulation, kneading, spitting, rubbing, punching the bowels, etc.; and I had preached it twenty years, when a clairvoyant told me my stomach digested well enough, but many of the lacteals which open into the inner side of the bowels and suck up the digested nutrition as it passes over their mouths, were closed, and the rest dormant; so that only a moiety of the solved nutrition reached my blood. This forcibly reminded me of my bowel-rubbing prescription, which I at once put into prac-

tice night and morning. I began Saturday; started on my annual trip the next Monday; spent five days in my first place; went to Philadelphia after I had been shampooing about a week; started over the Schuylkill to the State Fair, six miles distant, intending to call a cab, but felt such a snap and spring in my step and ease and delight in walking, that I walked there, and back, and as much farther while there, twenty miles at least, and that night gave my very best lecture; could not think what had got into me to feel so good and lecture so well, till, on retiring, I attributed it to my bowel rubbing; and have not practiced it once since without its inducing a perceptibly marked increase in warmth, digestion, life, muscular suppleness, vim, mental clearness and vigor. and all the conditions of redoubled life-force. Ladies, most of you will feel a like improvement by this daily practice for a week. Its trial will repay you a hundred fold. If prolapsed,

RUB UPWARDS from their lower part, raising them as you rub. Or if operated on, let your operator be *below* you, or at your feet as you recline, so as to *lift* while rubbing.

EXTEND UP TO YOUR STOMACH if dyspeptic, and if constipated, a good deal of rubbing, pounding, spitting, punching, kneading, etc.

WILL CURE CONSTIPATION after a time, and produce a movement of your bowels in a half hour or so after.

THIS PRESCRIPTION IS WORTH A HUNDRED FOLD the cost of this lecture. Only its thorough trial can show its value.

FOUR FEMALE MANIPULATORS call at ladies' houses in Paris to see if they desire their bowels shampooed; this custom having descended from ages back. The Chinese make it one of their great staple cures.

ANOTHER constipation cure is to

EAT WHAT IS OPENING, such as unbolted wheaten bread, cracked wheat well boiled, oat-meal porridge, rye mush, Indian puddings, fruits, rhubarb pies and sauce, and any other kind of aperient food you know opens your bowels.

A LEMON SUCKED EACH MORNING for a week will probably have the desired effect. Dates, bannanas, raisins, figs, etc., are very relaxing.

THE SKIN part of all edibles opens the bowels, such as apples, pears, and es-

pecially grapes eaten skins and all, the bran part of all grains, etc.; because this hard covering as it were scratches the bowels, and obliges them to act in urging it forward. Finally:—

WAIT ON THIS FUNCTION DAILY, at a given time; and if unsuccessful at first, keep on trying at that hour till your body finally comes to time. A life-long evil is thus obviated. But

TAKE NO MEDICINES, for they bind you the tighter ever after. You cannot afford to purchase temporary relief by permanent injury. Every dose of every and all cathartics bind the worse afterwards by weakening their very *power* to act, as all human experience attests.

DORSAL PAINS are caused by visceral ailments, thus:—Heart, lungs, each visceral organ have thin nerves, which connect them with brain, passing back into the spinal column through one of its joints, and through it to the brain. Each organ passes its own nerve in at its *own* joint, and the *same* joint in all persons; the heart nerve using one, lung another, liver another, etc. Now if any organ is inflamed its nerve is inflamed, and therefore sore at its junction with the spine. If on pressing the joint where the nerve from the heart enters the spine I find it tender, so that you flinch, your heart is inflamed; and thus of the other organs; so that I can tell in the dark which organ is inflamed by your flinching as I press, without either saying one word. Now

THE WOMB nerve enters the spine right at the SMALL of the back. If that joint is small or hollows in about an inch, or enough to hold the end of the thumb, the womb is small and weak; and the female inferior in the feminine attributes; but in well sexed women this joint is even with the other joints; while

PAIN AT THE SMALL of the back indicates womb inflammation; and a dull, heavy aching there indicates a corresponding womb state. So you who have the "back-ache" had better say little about it, unless willing to proclaim the womb impairment it indicates.

DOCTORING THE BACK for back-ache is useless. Curing that womb ailment which causes this ache, alone can cure the ache itself.

"SPINAL MENINGITIS" is accounted for on this principle.

HAVING THE SPINE RUBBED, or pressed between thumb and fingers passed along

up and down it, is most excellent; which opposite sexes greatly improve.

OVARIAN DROPSY is induced by inflammation in the ovaries. Inflammations often create water, or rather, work themselves off, lessen or expend themselves, in a watery deposit; brain inflammation by causing water on the brain, which it sometimes sends down to the feet, in the form of gout. So inflammation in the ovaries often creates ovarian dropsy.

LOVE TROUBLES are its prolific cause. That sympathy between womb and love demonstrated above, applies with at least equal force to the ovaries; so that all painful love similarly affects them directly and most powerfully.

DARTING OR ACHING GROIN PAINS should receive prompt attention. Yet,

DOCTOR FROM THE OUTSIDE, mainly. Taking medicines does more harm than good. No medicines can affect them without similarly affecting the whole system, by their ingredients being sent throughout all parts equally. Clearly, this local disease requires local treatment. The carrying off of the water thus accumulated should be effected through the skin, by *perspiration*, not by tapping; which kills by the third operation.

HOT AND COLD BATHS, OR. THE TURKISH, are by far the easiest and best of all means of producing perspiration, and thus carrying off all forms of dropsy the true way—by opening the pores. But

ARRESTING THAT WATERY DEPOSIT by obviating that ovarian inflammation which caused it, is its true cure.

EXTERNAL LOCAL APPLICATIONS, such as reduce every other inflammation, will reduce this. Water is the best; and alternating with hot and cold its best form. Wearing a wet towel wrung from cold water over the aching parts at night, if taken in the earlier stages, will probably be sufficient, and benefit in any stage. If the wet towel soon becomes hot underneath, all right, for it is bringing this heat out of the inflamed ovaries into the towel. No dry cloth is needed over it; for this *keeps in* that heat which should pass off, and re-heats, instead of cooling.

RUBBING DOWNWARDS over the aching parts, will help carry off this heat, and restore normal action

ELECTRICITY applied to the aching parts will greatly aid restoration.

SUPPRESSED MENSTRUATION is both the commonest and greatest of female complaints; besides aggravating all others. This is proved by its analysis and effects.

FEEDING THE LIFE GERM furnishes this analysis. FOOD is its primal prerequisite. All terrestrial functions are executed only by organs; yet this germ, when it issues from its father's loins, has only rudimental organs hastily thrown together. An organism almost infinitely perfect must be substituted; the materials and means for manufacturing which its mother must supply. This she does, first by furnishing that ovarian sack of food already analyzed to start on, which is only the merest moiety of what it needs; and next by her eliminating more albumen, the chief ingredient for growth, than her system can consume, that she may have a surplus for its formation. It must have organs with which to manifest its functions; must make before it can have them; must first have the materials for making them, with which it must be supplied, because it cannot go foraging around after them, and in the liquid form at that, out of which it can make them the quickest and easiest possible; and carried to its own womb tabernacle, where alone it can put them up into organs. To meet all these requirements, females are made heartier feeders than men. Hence

ALL FEMALE BLOOD IS RICHER in albumen than male, during the bearing period. And the better sexed or more a female a given woman is, the more albuminous or better feminized her blood.

SHE MUST FURNISH THIS SURPLUS CONSTANTLY, so that, from the instant of impregnation, she can supply this formative material to her foetus; for Nature must economize her whole time; nor allow any life germs to starve. When she is with child, Nature uses up this surplus albumen in making foetal organs; and after its birth, in manufacturing milk for it in the breasts. Yet as soon as she weans this child, or stops its mammal consumption, it returns to her womb, and she is again impregnable, which few are while nursing. But when neither with child nor nursing, Nature must do something with this surplus; and excretes it in "monthly install-

ments," called "menses," or "monthlies," "turns," "menstruation," &c.

THEIR ADVENT USHERS IN WOMANHOOD. Behold it converting girls into women! How great, how magical this change! Its potency is commensurate with its effects. Ushering in a new birth is its exalted mission.

ITS COMPLETE USHER IS AS IMPORTANT AS PERFECT WOMANHOOD; its incomplete is most disastrous. Parents, how much is that darling girl worth before? Set your own price. Its complete advent augments her commercial value many hundred per cent.; its incomplete, almost spoils her to herself, parents, and as a wife and mother.

ITS EARLY SUPPRESSION IS RUIN, unless soon restored, for it stops her whole feminine development. Those fatal arrests of voice, breasts and nipples, already chronicled, only illustrate its equal paralysis of all else feminine. It spoils her complexion by substituting ashy pallor for rosy cheeks; a yellow, sallow look for freshness and glow; a dull, listless, lagging, dragging motion for a brisk, snappy step; mental obtuseness for brightness; a moody, pining spirit for one buoyant and happy; and a heavy heart for a light; blights her attractiveness to men by unfitting her for maternity; leaves her blood too thick to circulate freely at her skin, which causes cold hands and feet, with terrible headaches, and leaves her subject to colds, those chief precursors and causes of all diseases; compels Nature to burn up within her by fevers that albuminous surplus this evacuation should but does not carry out, which makes her irritable, cross, coarse and ugly; lacerates her brain when any special excitement sends her thick blood rushing through it, which permanently injures it, and often causes its gorging and softening; incapacitates her for study by congesting it, and rendering her throughout like risen dough fallen. Give up all hopes of educating her, or fitting her for teaching, or making her a good singer, or a lady, or at all attractive in society, if she remains long thus suppressed; except that

GROWTH sometimes causes this suppression for months after its first advent, by the system consuming all this surplus; yet this leaves her fresh, lively, happy, clear-headed, and perfectly well. Note the difference; and be alarmed if

followed by the first symptoms, not if by the last.

GIRLS ARE SPOILED BY MILLIONS yearly—almost all—thus: Shoved from cradle into school while yet little tottlers; fired up with intense ambition to be “marked up,” and half crazed with fears of being “marked down;” forbidden to romp, and kept primped up in stylish dresses; all their girlish sap drawn out through their fevered brains by study; when their natural period comes for merging from girlhood into womanhood, they have no vital force left with which to develop or grow, because used up by brain and nerves in study and worriment. Only sexual blight or death remains to them. They do not menstruate sufficiently to clear their blood; catch repeated colds; have swollen bowels; and wilt.

MOTHERS, NOTE WHEN YOUR DAUGHTERS' BREASTS BEGIN to form, and prepare them for womanhood by leaving abundant vital surplus for this change; by snatching them from school, encouraging their romping, and making them premium tom-boys; and keep on the safe side of educating them too little during this revolution.

AMAZING THAT THIS CRISIS, thus fraught with almost infinite weal or woe, has escaped attention. Yet it has. Mothers, where are your eyes, your experience? Awake and tremble while piloting your darlings through this life change.

ALL SUPPRESSIONS BEFORE FORTY-FIVE are proportionally disastrous, unless soon obviated. Most female headaches and heartaches are consequent on this blood-thickening cause. Their hearts palpitate, and heads ache, not because diseased, but because their thickened blood dams up in passing through both; while Nature is burning up within them this surplus their sluggish wombs should but do not eject; this same suppression also causing neuralgia.

NERVOUSNESS IS CAUSED CHIEFLY by Nature burning up this non-ejected surplus throughout the body, to the sufferer's benefit. Among

THE MANY CAUSES of these suppressions

1. WOMB DORMANCY IS CHIEF. Its action promotes and inertia retards that flow of blood through it from which it excretes this surplus; so that promoting and impairing its action, promotes and retards this discharge.

2. ALL LOVE STATES CAUSE KINDRED MENSTRUAL. All women menstruate much more with less pain during happy than troubled love seasons; as all female affectional changes attest. Our theory of love and womb sympathy shows why.

PROMOTING AND SUPPRESSING LOVE, promotes and suppresses the menses. “Society” represses them by suppressing love in every possible way except “flirtation,” “novel reading,” and secret passion, one of which it *necessitates*. Girls kept from masculine society *must* stifle all love and womb action, or else indulge both in one of these forms. Nature prevents the starvation of this heart's core of womanhood by compelling one of these its abnormal actions. This modern novel-reading rage has this identical cause, as has self-pollution.

A REGULAR WOMAN'S MONTHLY IS TWO WEEKS OFF. Unaccustomed to cohabit, she enjoys a sexual repast right heartily, and the next morning finds herself “unwell,” while indulgence *during* her flow often causes flooding, and always augments and prolongs it; and impassioned indulgence *right* after it ceases, often brings on its partial return. Let all female experience attest and annotate as occasions arise, and read the great menstrual lessons thus taught that:—

1. ALL LOVE STATES CAUSE KINDRED MENSTRUAL CONDITIONS; and thereby be forewarned never to allow affectional reversal, or if so, *bury* what cannot be consummated. None can at all afford its womb havoc.

2. WIVES, “TAKE HEED” how you allow hard feelings to arise between yourselves and husbands, unless sufficient to separate you. Look out for those “little foxes which spoil the vines” of love.

3. AVOID EXPOSURES during menstruation, unless strength enough remains to surmount them, when they benefit, or our theory that alternations cause that reaction which strengthens. A Kentucky bride found her “turns” arrived the morning of her proposed evening marriage, which she stopped by a sitz bath in ice cold water. Many years after, invited to an oyster supper at her childless home, rendered so by this very cause, she was sick in bed, suffering terrible agony, as she had at their every intermediate recurrence; besides being very fat. I prescribed “Squawvine tea”

for her, which in three months *reduced her flesh sixty pounds*, by promoting her menstruation. Her husband had to cook the oysters. What a spoiled life of agony thus foolishly induced! What harm in this bridegroom's knowing her state? Girls, appoint any *other* time for your wedding.

WOMEN BY HUNDREDS tell this story in substance: "I was taught that all sexual feelings are God's special abomination; and feeling this impulse just before my first turns, made me think them the sure effect of my unpardonable sins having found me out. Of course I must let no one know it for the world, and took off my chemise; *washed* these stains out of it, put it back on me, caught cold thereby, suppressed my flow, and have at their every return suffered agony since." And such women make the poorest of wives; besides often being barren.

ALL GIRLS SHOULD BE FOREWARNED, as they approach this advent, and told what to do, and what not, on its appearance. How foolish, how disastrous this maternal squeamishness which ignores this subject! Precious daughters thus spoiled by *millions*! Let every woman attest how much better, happier, healthier with than without this prior knowledge.

4. SECRET VICE, alarmingly prevalent in girls, causes an untold amount of suppressions and other female diseases, and can and should be prevented by

MOTHER'S WARNING THEIRS' AGAINST it. A girl of fifteen, brought by her mother to ascertain the cause and cure of her leucorrhœa, when told that this had caused it, burst out sobbing with:

"MA NEVER TOLD ME IT is wrong, and I thought she *always* told me *all* that is. Why didn't she tell me this is?" See its effects and cures freely presented in "Perfect Men, Women and Children."

5. OUTSIDE WATER CLOSETS SUPPRESS MENSTRUATION thus: Going from a warm bed or room out into the cold winter wind, perhaps perspiring and menstruating together, closets and seats cold, and so open below that chilling blasts rush up around these parts, strike a severe cold all up around this pelvic region, and suppress menstruation for this and future times. No sensitive woman or girl should be sub-

jected to this trying ordeal. Nor is it necessary.

AN INSIDE closet for its women belongs in with every domicile from fair to midlin up, as much as pantry; which modern improvements render innocuous. Or in their absence,

AN EXCELLENT SUBSTITUTE consists in throwing dry dirt, or wood or coal ashes into any vessel after its use, which absorb all odor; yet empty often. Movable closets are thus constructed.

WOMEN ARE DISEASED LESS where public water-works allow inside closets. Yet odor from them is terribly diseasing. Typhoid fever results chiefly from this and other poisonous stench.

6. LONG DRESSES cause many suppressions, thus: Worn abroad in wet or snow, they get wet and dampen the feet and legs, circulation in which is poor at best, which renders them chilly, perhaps while sitting at church, lecture, concert, &c., and this damp, clammy coldness runs along up the thighs, and strikes the first mucous surface it meets, which is the sexual, suppresses this flow, and a lovely daughter or superb wife, or both, are about spoiled for life. Dresses which touch the ground or pave are utterly unfit for outdoors, because they sop up and carry home all dampness, tobacco spittle, and filth; are in everybody's way behind, and obstruct thoroughfares; really horrible in crossing muddy, slushy streets: most hindering in ascending stairs with anything in hand; keep back the whole crowd in descending all stairs from all public gatherings; and

ABSOLUTELY BLOCKS ALL CROWDS IN A RUSH, as in the Brooklyn Theatre, and Holyoke and San Diego Church disasters, Napoleon's wedding, &c. Mark how. All dresses long enough to touch the floor, must needs be stepped on in a rush. This fastens the women right then and there as completely as if their dresses, and thereby themselves, were *nailed to the floor* fast, and standing. The crowd soon jams in and fills up between and among these floor-fastened ladies, which prevents all hands from moving, and the more the harder they surge and struggle. Men never get thus blocked; a dozen regiments of whom could have filed through that entrance while the Brooklyn Theatre was burning all the way from that stage clear to the other end entrance. How

else could such a damming up occur? And the fact that one lady *did* escape, *with her skirts torn off* of her, proves this long-skirts theory, namely: her's tearing loose from her, allowed her to escape.

ONLY SHORT DRESSES FOR ALL THOROUGHFARES, and all out-of-door wear Imitate peacocks in parlors, if you like, yet *stop* there.

LET ALL JOIN IN ABOLISHING this deadly enemy of female health and beauty, and fine children, and substitute something prettier, yet healthy, at east not thus absolutely ruinous.

FASHION AND WOMANHOOD ARE BELLIGERENTS. They cannot co-exist. Fashion causes most female complaints. Proof? Unfashionable women rarely have them. They are the product of ladyism chiefly, and caused by those very things considered lady-like. Ladies, choose between being perfect women, and fashionable things.

THESE CAUSES SUGGEST OTHER LIKE ones, numerous and varied, which need not be mentioned. Poor woman, how pitiably fashion victimizes you all! Yet her injuries will soon break her scepter, by women following only *healthy* "modes."

RESTORING these monthlies, a theme next in order, is infinitely important, and more delightful, and easy. Yet how not, first,

DON'T DARE TRY MEDICINES. Some may provoke their temporary increase, just as cathartics do constipated bowel action; yet just as the latter redouble constipation after their first effects by partly paralyzing them; so all womb *aperients* *weaken it afterwards*, which none can at all afford.

LOCAL AND SKIN applications embody the true cure of all menstrual suppressions, except promoting and reciprocating love, lightening the diet so as to give the system the less to clog and evacuate, and opening the bowels and pores to cast out all they can. But after these negative cures

WATER APPLIED TO THE BOWELS, is the king menstrual restorer. The cause, a cold striking the womb, suggests the cure, namely: *breaking up this womb cold*, by restoring its suppressed circulation. This cold has dammed up the blood so that but little passes through, and therefore but little of this surplus can be extracted.

THE PAINS of painful menstruation are caused by an effort of Nature to force more blood through the womb, so that the more of this albumenous flow can be extracted. What could be plainer? Therefore, promoting womb circulation must needs promote this menstrual evacuation. How can this circulation be increased?

BY HOT AND COLD WATER APPLIED ALTERNATELY. This breaks up all other, why not also womb colds? All northern inhabitants, to whom skin circulation is most important, heat up first by hot water or steam, then plunge right into cold water, or roll in the snow naked, or stand in a tunnel where the cold northern blast is rushing through while pailful after pailful of ice cold water are dashed over them. See this alternating law demonstrated in "Fowler's Journal," Vol. 1, No. 1, and applied to curing rheumatism in No. 2. This same principle is also applicable equally here. This is probably its best mode: Fold a sheet till it is about twelve inches square,

PASS IT THROUGH A WRINGER OUT OF BOILING WATER, and place it on the bowels *just as hot* as they can bear it, with two corners towards the hips; cover up warmly; let it lay there thus fifteen to twenty minutes; repeat this process till the abdomen becomes hot and veins well distended; now wring a towel out of iced cold water—towel because only a little sudden cold, just to start re-action, is needed—and taking off the hot sheet from the bowels, slap on this cold towel; and this sudden *shock* caused by this alternation will send the circulation and heat right up to a pitch far higher than continued heat could do. This experiment, easily tried, proves this principle: Put and keep hands in water as hot as they can bear, till heated as hot as water can heat them; now plunge them into ice cold water, or wash them in snow, and the *reaction* thus caused makes them *hotter than* hot water could render them. Both this law and this application of it are apparent; and all suppressed women who try it, will be relieved by it.

WHEN THE MONTHLY PAINS BEGIN is the *best* time for this application, yet any time will benefit.

WEARING A COLD WET TOWEL OVER THE ABDOMEN nights, or days and nights, will also start abdominal action and afford

relief, provided it soon becomes hot underneath; if not, remove it. If there is sufficient abdominal action to cause reaction and warmth in ten minutes, continue its use; but if not, either apply hot water first, or use a liniment composed of

One quart whisky, rum or brandy.

One ounce spirits of camphor.

Four ounces spirits of ammonia.

Two tablespoonfuls of common salt.

Rub over the abdomen, thighs and back. This will start sufficient action beforehand to cause reaction and heat before the cold towel is applied. But, mark, this *reaction* and subsequent *warmth* are the absolutely essential and only benefiting conditions.

SUPPRESSIONS CONTINUED CAUSE SLOW FEVER AND FAT, thus:—Nature is continually creating this albuminous surplus. It must be removed somehow, or the blood must become too thick to flow, and stagnate, and all the functions be deadened, or suspended, and death ensue; to prevent which Nature must resort to even desperate means, if needs be. If the constitution of the suppressed woman is sufficient to warrant it, Nature sets up a perpetual fever to burn up all throughout her body this surplus her womb should, yet does not, excrete monthly; which makes her weak, yet irritable and hateful, especially towards men, so as to drive them from her, lest she have poor children, because of this womb ailment; for why should she be attracted to men, or they to her, when in this non-bearing state? Of course this fever causes head aches, heart-aches, neuralgia, and all manner of pains everywhere; or

SHE BECOMES HOT AND COLD BY TURNS, thus:—The generally cold state corresponds with the cold stage of fever and ague; yet any little excitement so stirs up the system that it rallies; drives the blood to the surface; creates heart-ache by this burning in the system; and turns this water into steam, which drives out still more through the skin; thereby effecting partial relief.

BAD SMELLING EXHALATIONS are emitted during these "heated terms," and indeed by most suppressed women much of the time; because a part of this monthly flow decays within them, and passes out through their skin.

LOOSENESS OF THE BOWELS is another of Nature's means of ejecting this sur-

plus. When they are strong enough to help unload it, she turns it into a slimy mucous, and ejects it by a chronic diorhea; which thus becomes a friendly scavenger to be promoted; while checking its egress by astringents, leaves it still within to clog and disorder all.

DIORHEA BENEFITS, except when it exhausts. Better that it even weaken considerably, than retain this surplus. Check it only when you must, and as little as possible. Hail looseness as your salvation.

THE KIDNEYS are often summoned to help the womb eject this surplus by Nature's turning it into water, and causing redoubled urination, on the principle just applied to the bowels. But if they are inadequate to the double task of excreting the urea and monthlies, she must die of dropsy; unless Nature can dispose of this monthly accumulation some other way. But

THE LUNGS ARE NATURE'S BEST outlet next to womb; effected thus:—The blood, thickened by this suppression, in passing through the lung tissues which separate blood cells from air cells, so irritates them that Nature squeezes this monthly surplus through into the air cells, which now cough it up by the quart and gallon; the doctors meanwhile doctoring away at the lungs, and trying to arrest this salvatory expectoration.

LET HER COUGH ON; the more the better, unless she becomes weak. But if her lungs are insufficient to cast out her monthlies and arterialize her blood, this over-taxation finally inflames them permanently, and she passes on into consumption.

THOSE WHO RAISE EASILY, are not "in consumption;" but those who cough much yet raise little, may be. This test is infallible. Only

BY RESTORING MENSTRUATION can consumption, thus caused, which embraces most of its female victims, be cured. But when neither lungs, kidneys, *nor* bowels, either separately or conjointly, are sufficient to thus thin and cleanse her blood,

NATURE TURNS THIS MONTHLY ACCUMULATION INTO FAT, deposited first right around the womb, which puffs out the middle and lower portions of her abdomen. If now her ovaries are also small and poor, she projects at her hips, hollows in at both groins, and bulges out in the middle of her abdomen; a

line from hip to hip across her bowels resembling a capital "S"—a poor female shape indeed; while a straight line or flat abdomen, as full in each groin as at its middle, is the second best sign of a superb female.

NATURE KEEPS STOWING THIS FAT FARTHER BACK, and still farther, till finally her whole abdomen is puffed and rounded out, groins included; as if bloated. All extra large bellied women are insufficient in menstrual quantity or quality; or if they menstruate considerably, they *manufacture* still more of this surplus than they excrete, or else suffer pain at these times; which is a sure sign of insufficiency in amount or quality.

BETWEEN HIPS AND RIBS Nature can and does stow away considerable of this fat, without seriously impeding locomotion; which enlarges the waist and prevents that *hollowing in* of the female figure between shoulders and hips universally considered beautiful in woman. The "golden girdle" of Venus had its origin in this law of beauty; as has the tight lacing of these days. Men and women love small waists because they indicate sufficient menstruation, and hate large as indicating insufficient.

THE BREASTS FURNISH ANOTHER place for this adipose deposit; the more so because this identical menstrual material which generally flows to the womb, flows to the breasts to form milk after birth. This fatty deposit makes them very large, soft, lifeless, and often cold and shapeless. Hence extra fat bosoms indicate poor females; and the fatter the breasts, the poorer the females. Great obese bosoms always look badly, except on elderly women, where they are appropriate. They very much impair the good looks of all younger ones.

SHORT BREATH, labored breathing, a sense of suffocation while ascending stairs, or hurrying in walking, are also consequent on suppressed menstruation, thus:—That artery which carries blood to the breasts for creating milk, runs under the ribs and along side of the lungs, and deposits this surplus albumen in fat along its course; which crowds the lungs back farther and farther, into a corner smaller and smaller, so that walking fast, or up hill or stairs, demands more breath, which this fat, by cramping them, prevents their supply-

ing. Such pant and labor for breath distressingly.

THERE IS THE GREAT cause, ladies, of your feeling "choked for want of breath."

FAT ABOUT THE HEART is caused by this same fat crowding the heart, just as it does the lungs; *besides* that thickening and consequent clogging of the blood as it passes through the heart, often attributed to heart affections. Nature is still unable to pack away all this monthly accumulation year in and out, and must contrive additional stow-room, or the patient must die, and

STOWS IT AWAY ALL OVER THE BODY, so that suppressed women become fat about their faces, bosoms, waists, abdomens, thighs, and whole system. Hence

ALL EXTRA FAT WOMEN ARE EXTRA POOR ones; and poor because fat, yet fat because poor; and the poorer they are the fatter they become, and fatter, poorer, by suppressed menstruation causing both. Meanwhile they are red-faced from fever, as shown above; so that uncharitable persons say:

"ONLY MAKING A FUSS, for just see how *fat and red* she is;" whereas both her fat and red originate in suppressed menstruation. "Then

"HOW MAY WE KNOW certainly whether a given woman is fat and red from womb health, or dormancy?" Thus:

SCARLET RED INDICATES WOMB HEALTH; LIVID RED, SUPPRESSION, and consequent fever. And the darker the red, the more, and lighter red, the less diseased.

WOMEN FAT AND PALE have too little vital force to burn up this surplus, and must succumb to it; while those fat and red are successfully keeping it at bay.

THE MAMMARY FORM also tell whether this fat indicates health or disease, thus:

DISTINCT OUTLINE EDGES around the breasts indicate female health; but this fat caused by suppressions works both between the glands and around the edges of the breasts where they join the body, so that it becomes difficult to show *right* where the breast form stops and body form begins.

ALL ARTISTS on canvas and in stone, recognize and always indicate this mammary outline distinctly. Ladies, when you cannot exhibit this outline, keep it covered, for it *looks best unseen*.

BREASTS TOUCHING EACH OTHER indicate this surplus fat. In their normal state they begin about an inch apart, and spread as they rise, till their nipples flex downwards and outwards, just where the mouth of the child would receive them, while reclining on its mother's arms.

FAT BETWEEN THE SKIN AND BREAST BONE indicates suppressed menstruation. The skin there should lie right on this bone.

BREASTS BEGINNING HIGH UP in the neck, near the collar bone, indicate suppressed menses, especially when there is but little division between them.

THIS FORM INDICATES BARRENNESS.

SOFT, FLABBY, PENDANT breasts indicate female feebleness; while firm ones, well up in their places, indicate female and child-bearing excellence.

A WIDE CHEST indicates ORIGINAL womb vigor, even though existing mammary flatness may denote its temporary decline. A broad, deep, expansive chest, with large breast *bases*, proclaim much more general female vigor with the breasts flat than those small at their base, yet conical.

A LONG COLLAR BONE denotes a superb natural female, by its giving a larger place for the breasts, and setting them well forward, and shoulders well back, while sitting and walking; and invariably indicates a warm, luscious, amorous nature—an excellent index. Narrow chests, with shoulders pitching inward and forward, indicate poor and passive females.

DROOPING SHOULDERS AND ROUNDING BACKS are analyzed by this law.

THE NAVEL indicates female excellence and poverty by its form, thus:—It must be anchored to something; and is to that abdominal muscle which passes between breast to pubic bones, to flex the body forward. Of course it must remain in about one position relatively to the spine; so that this extra fat must work *above and around* it, and therefore leave a *tunnel* shaped descent or opening to it. Hence a deep hollow around the navel indicates suppressions; while a flat navel coming out to near the surface of the abdomen, indicates sufficient menses.

A HORIZONTAL CREASE along above the pubic bone, indicates this surplus fat, and is a poor recommendation.

FAT BOWERS on which a roll of fat

can be clasped, is a poor sign; as is also undue fat all around this region.

LADIES, THESE SIGNS ARE SURE and very important, as enabling you to determine your own present states without mistake. Please think out their intrinsic worth.

WHAT SHALL EXTRA FAT WOMEN DO

1. **THEY MUST DRESS CLOSE**, not flaring, and draw their dresses in as near their bodies as possible. Thus a broad back indicates suppressed menstruation, so that making it *seem* narrow by fitting the dress tight to it and to the body generally, with as little extra as possible, improves their looks; while all flounces and laces seemingly augment this odious breadth and stoutness, already too great to look well. Stout ladies, please note and apply this dress *principle*.

2. **EAT VERY LIGHTLY.** Why eat so much more than you consume, as to compel Nature to thus stow it away in mere blubber, only to oblige you to lug it around with you? Who but knows that food creates fat, and starvation leanness? Then apply this palpable law to yourselves. The less you eat, the less fleshy you will be. Especially if you have an excellent, hearty appetite and good digestion, is this advice applicable to you, and important.

3. **CONTINUE TO BEAR AS OFTEN AND LONG** as possible; so as to consume this fatty material in this its natural channel.

4. **BREATHE DEEPLY**; exercise freely; keep your skin and bowels open; love as much and grieve as little as possible; wear a wet towel over your abdomen, &c.

FLOODING IS CAUSED BY EXCESSIVE womb action, and curable by cold water applied to the abdomen, the wet cloth being its best form, because it is always consequent on inflammation, which this cloth, often changed, allays.

INTENSE PASSION, a continued burning sexual desire, is another female complaint consequent on womb inflammation, and this usually on pouring over disappointed love inflaming the womb. Wearing a wet towel night and day on the abdomen will quench this inflammation and its consequent wantonness better than anything else. See this subject fully treated in "Perfect Men, Women and Children," where

CONCEPTION, including its conditions

most promotive of the mother's health and offspring's vigor, are fully treated. Too little space remains here to introduce them.

MATERNAL CARRIAGE is most important to both, yet almost ignored. How self-evident that one child carried while its mother is in a depressed state of body or mind, or both, must be greatly inferior to one just like it at conception, formed while its mother was in a buoyant, exalted state! All large families prove and illustrate this truth, by their children differing from each other, according as their mother's states differed while she was carrying them. The Bible assumes this principle, and illustrates it in various aspects. It shows that maternal irritability during carriage renders children most cross-grained and even hateful, by telling us how Hagar hated Sarah because jealous, and driven out into the wilderness to starve among wild beasts, and then adding that Ishmael was a wild man, "his hand against every man, and every man's hand against him;" that mothers can render their children robust and strong by caring for their own health, by ascribing Samson's giant strength to his mother's eating this and not drinking that before he was born, thus virtually charging infertile feebleness and premature death to wrong ante-natal maternal regimen; tells mothers they can render their children pious by cultivating their *own* piety before their birth, in ascribing Samuel's devout love of religion to his mother's holy vows from before his conception till after his birth, thus showing all mothers how they can fit and predispose their children for "holy orders," and pious lives; and that Mary was in the most devout and ecstatic mental state possible, just that requisite, before Christ's birth. Could a coarse, violent-tempered, profane woman have given birth to this pious and talented Exemplar of the race? What means the honor paid her but telling all women that in proportion as they would have their children like Him, they should render their ante-natal states like hers? Then

WHAT MATERNAL STATES BEST endow progeny? Those most pleasant for mothers. To specify:—

YOUR CHILDREN NEED GOOD BODIES AND HEALTH FIRST; then take the utmost care of your own. No matter how smart and good they are, their physical

feebleness spoils all; and they will be the stronger or weaker, according as you are either.

CULTIVATE DEEP BREATHING; and hence *dress loosely*. All bodily compressions prevent your breath from going *down* to and moving your maternal organism. Be in rooms well ventilated, especially nights, and out of doors days all you well can; besides filling your lungs full, and emptying them well out at every breath.

EAT PASTY food, like wheaten flour, because this paste is what furnishes growth materials. But

EAT ITS BRAN with it because Nature will put up *no* part farther than she can *all* parts, and must have as much bone as muscle; and the bony part of food is in its bran part.

GRAPES ARE EXCELLENT, because they *thin* the blood, whilst enriching it; besides promoting bowel action, and obviating constipation, by eating their skins along with them.

TAKE PLENTY OF MUSCLE-DEVELOPING EXERCISE; for your children's muscles will be the stronger as you exercise yours the more; and *good minds* depend on good muscles thus: 1. Mind originates in the *outer* gelatinous surface of the brain. 2. This must be *transferred* to tongue, eyes, hands, &c. 3. This transfer is effected by the *inner* or fibrous part of the brain. 4. When the muscles are powerful, these brain fibres are proportionally so, and this transfer efficient, and mental operations "telling."

SLEEP ALL YOU CAN; for growth transpires only then. Nothing equally revives and benefits both. So let nothing disturb your rest, "from early eve till late in morn." If other children cry, let others care for them. Your hands are full enough to care for your unborn. And *lie down* days if you feel like it.

DON'T DARE NURSE THE SICK while pregnant, because 1, you impart your vital force to them, needed for your child; 2, take on their diseases, and impart it to them; 3, exhaust yourself, and thus leave it tired all out all its life; 4, endanger making it water-brained, because your mental states affect its, and fevering yours by any kind of grief or worryment fevers its, and Nature carries off this fever by its creating water.

WATER-BRAIN children must be kept back *mentally*, and brought forward physically; not learn their letters till ten,

nor go to school till after fifteen; and be punished none, but governed by love; for this water is caused by too much mentality. Bathe their heads often to carry off this heat.

CULTIVATE THOSE TRAITS IN YOURSELF you would impress on them. By this means you can render them much better by Nature than you are. Yet you must cultivate specific traits at right *periods*.

FORMATION begins at the heart; runs along up to and forms the *base* of the brain, or animal propensities first; perceptive, or lower part of the forehead next; and top of the brain, or moral and intellectual organs last. Hence, cultivating the last the first four months will impress them little, for Nature has not yet reached that part; but cultivate health, force, appetite, economy and your affections; from the fourth to the sixth month cultivate your singing, reading, talking, tasty, ingenious, musical, and like semi-intellectual Faculties; and the reflective and moral the last three months. Zera Colborne, the greatest mental arithmetician of his age, or any other, was rendered so by his mother's weaving figured diaper before he was born, getting puzzled by one figure, and thinking out how many threads of this with how many of that would give the figure required.

A MOTHER BROUGHT HER FOUR SONS, the first average, because she had not learned this law before his birth; the second rendered a natural orator, by her hearing all the great speakers, and reading poetry and fine composition before his birth; the third made a great painter, by her giving her whole time before his birth to studying and practicing the arts, paintings, &c.; and the fourth a great natural genius in manufacturing and traffic, by her directing and paying workmen before his birth. The fact is,

MOTHERS CAN SHAPE their children's natural characters and talents almost to their liking, by cultivating these or those mental powers during pregnancy. In the name of whatever is precious in lovely children over hateful, smart over dull, healthy over sickly, good over bad, and living over dead, why *don't* mothers learn in detail just what states in you endow them with these traits and those, physical, intellectual and moral—*study this bearing ari*—and then devote all

needed time and energy to *putting* and keeping yourselves in the *very* best states possible.

HUSBANDS SHOULD HELP, by releasing you from family cares and drudgery; sympathizing with and doing all they can for you; and both warding off bad and securing good states in you. These ante natal laws are all-glorious. Shout all mothers, that they enable you to mould your children to your liking; and then do your very best to endow them. How wicked to make them bad, by being so yourselves! How wrong, how foolish, to let little things worry you, and make them hating, hateful Ishmaels!

THAT TORTURING, MURDERING POME-ROY BOY-FIEND, became so by his mother's *butchering* cattle and sheep while carrying him. Poor, pitiable victim of her taking his father's place temporarily in the slaughter-house just then. Yet how many of *your* children deserve a like pity and pardon for this bad trait and that, because *forced* upon them before their birth.

A MOTHER MADE HER DAUGHTER A FOOL, by keeping herself worked clear down, tired completely out, in feeding workmen before this fool's birth; yet all her many other children are very bright. Come, mothers, just see what talented angels you can render your children, and fathers, help; but *Oh!* don't "*dye them in the wool*" with badness, nor make them dummies, by keeping yourself fretted and tired out before their birth.

MAKE MATERNAL STATES YOUR GREAT STUDY, and their practice both a real enthusiasm and paramount duty.

AMAZING that a subject fraught with *such* destinies thus all powerful and eternal should be ignored and *tubed* as *ungenteel*. But if you don't others will; for so *great* a good will not long remain ignored.

GIRLS, YOU study it; for a marriage offer may any day require your practical use of this knowledge.

DON'T MARK your children. You need never. Prevent it, first, by *resisting* outside influences, determining not to let yourself *be* affected unfavorably, and keeping yourself fortified *against* injurious conditions; and next, by *gratifying all longings*. If you crave spirituous or malt liquors, or anything to eat or drink, or desire to see or do anything, indulge your desires, even whims.

GRATIFIED desires never mark your

unborn, only those ungratified and resisted. Never fear you might mark, for fearing might mark.

TELL YOUR HUSBANDS from me to humor you then, and not to *overtax* you *sexually*. You are master of *that* matter.

DON'T DARE PREVENT conception by incomplete coition. Nothing is more fatal to these parts, or to your subsequent affections. It both deadens after *power* to enjoy, and makes you hate with a vengeance, as does whatever else mars this repast. You were made a female solely to bear, not to outrage your gender by any preventions.

DON'T DARE USE ZINC, in any of its preparations, for they paralyze the nerves of these sensitive parts, and thereby cut off all *future* sexual pleasure, and deaden your whole female nature.

LEARN NATURE'S CHILD-BIRTH LAWS and facts. You can generally tell whether you are pregnant, by the quiet, satisfied, delightful, ethereal state of these parts right after; the quickening motion after four months, especially on putting your cold hand taken right from ice cold water, upon your abdomen, this sudden cold causing motion; by the states of your breasts and nipples; and in general by closely watching all your *feelings*, physical and mental; for this great change revolutionizes all your functions. You may judge of the *near* approach of confinement by 1, an easy, quiet, resting state, which precedes and prepares for your confinement in its resting you up just before its extra need of strength; 2, by the rapid enlargement of the breasts and these parts externally; 3, by the color and appearance of the nipples, &c. When this desire for rest comes on, by *all* means *surrender* to it; for you will soon need all the strength it would lay up for you.

CONFINEMENT NEED NOT BE SEVERE. God has not affixed it as a curse on woman for Eve's tempting Adam, because that would curse all *equally*. Savage women have easy times, so have southern negresses, and go right about work. Not your God but your civilized *habits* cause most of your child-birth pains, and all its dangers. Let girls

romp more and study less, and women cultivate health not weakness, and then

BRING A COURAGEOUS SPIRIT to your confining couch. Labor is amazingly affected by your *mind's* states. If you think you can't go through, you are much more likely not to, than if you think you can and will. Make every pain tell by adding to it a good, strong, expulsive *will*, as if *bound* to put this thing right *through*.

QUIET, RESOLUTE ATTENDANTS are an important adjunct, and nervous, flustered ones most injurious. Better none. Summon a male or female mid-wife, as you feel safest or freest with either. Sustaining sympathy helps.

A WET, COLD CLOTH worn for weeks beforehand on the bowels, and a daily twenty minutes sits bath for a month previous, in that temperature the most agreeable, will greatly mitigate these pains.

APPLYING COOL WATER in case of flooding, will arrest it.

DON'T TAKE ANY STUPIFIER like ether, chloroform, &c., for they impair your health, injure your child, and prevent that *mind* aid, so efficient. Better *grin and bear* what you must.

CONSULT YOUR OWN FEELINGS as to getting up the sooner, but give any doubt to the longer.

PROMOTE LACTATION, if you have too little milk, by breast rubbing; taking nice care of your *own* health, to get the needed materials and strength; and drinking never porter or malt liquors, but a coffee made by serving wheat or crusts just as you serve Java, roasting and steeping.

DOCTOR BABES LITTLE ever, but *never* with calomel, opiates, morphine, nor soothing syrups, &c., for their nervous effects are frightful ever after, by permanently paralyzing their nerves. Find these truths greatly extended in "*Perfect Men, Women and Children*."

LADIES, may you make better women wives and mothers, and have more and better children, besides increasing some man's love for you, by following these directions, and always gratefully remember their Author. GOOD-BY.

WOMANHOOD, MOTHERHOOD & FEMALE HEALTH

SELF-KNOWLEDGE IS EVERY WOMAN'S HIGHEST RIGHT. Ladies, by creating you feminine, GOD COMMANDS AND OOMPELS YOU TO LEARN ALL ABOUT YOURSELVES AS FEMALES, by painful experiences, if you will not otherwise. Just think what agony your ignorance of yourself has inflicted on you; which this early knowledge would have saved you and children. When you are, they become. You and they are *man's household divinities*, at whose shrine we worship. Neither we, you, nor they, can at all afford your ignorance of these subjects any longer, for your and their health and sweetness are our life, and depend on your health. Will you blight us, yourselves and them, by ignoring this knowledge? or exalt all by learning God's feminine truths as you do all others, from books and teachers? Then flout whatever hinders, but clutch whatever proffers this knowledge of your specific female duties and relations.

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